

long beach

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Long Beach Parks, Recreation and Marine

# FALL 2019

CITY OF  
LONG  
BEACH



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About the cover: PRM has six senior centers at Chavez, El Dorado, Houghton, McBride and Silverado Parks, and the Long Beach Senior Center and the Expo Center in Bixby Knolls where adults ages 50 plus can participate in art, dance, fitness, life-long learning opportunities, enrichment, health and social services, nutrition, excursions, and volunteerism.

The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.

**All Programs and Prices Are Subject To Change**

To view this publication in Spanish, Khmer or Tagalog, visit [www.lbparks.org](http://www.lbparks.org).

Para ver esta publicación en Español, Khmer o Tagalo, visite [www.lbparks.org](http://www.lbparks.org).

“ដើម្បីមើលសៀវភៅនេះ ចុះផ្សាយជាភាសាស្បែកខ្មែរ ភាសាស្បែកតៃវ៉ាន់ ឬភាសាហ្វីលីពីន, សូមទូលដ្ឋានទៅកាន់ [www.lbparks.org](http://www.lbparks.org)”

“Upang makita ang publication na ito sa Spanish, Khmer o Tagalog, bisitahin ang [www.lbparks.org](http://www.lbparks.org).”

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**Long Beach Parks  
are Smoke Free**



# PRESCHOOL CLASSES

Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a fun, nurturing social setting. Register early for classes.

## ART AND CULTURAL

### ART INNOVATORS NEW

Unleash your little one's power to create! Learning to draw independently will refine their fine motor skills and boost their confidence like never before! Students explore various subjects and fun art media each week. Material fee: \$5 payable to instructor at first class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. \*No class: 9/28 & 11/30.

Art Innovators	Los Alamitos Community Center
34401 3 Yrs 6 Mos-5 Yrs	9/14-10/19* 10-10:45 a.m. Sa \$70
34402 3 Yrs 6 Mos-5 Yrs	11/2-12/7* 10-10:45 a.m. Sa \$70

## COOKING

### LIL' SPROUTS PRESCHOOL COOKING CLASS

Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Classes are theme-based. Great introduction to the Five Food Groups. Food and material fee: \$32.

A Yummy Future	El Dorado Park West
33596 2-6 Yrs	9/7-9/28 11:30 a.m.-12:15 p.m. Sa \$80
33597 2-6 Yrs	10/5-10/26 11:30 a.m.-12:15 p.m. Sa \$80
33598 2-6 Yrs	11/2-11/23 11:30 a.m.-12:15 p.m. Sa \$80

## DANCE

### HIP HOP TOTS

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class.

Anne Pennypacker	Recreation Park
34083 2 Yrs 6 Mos-5 Yrs	8/20-9/10 4-4:30 p.m. Tu \$57
34084 2 Yrs 6 Mos-5 Yrs	9/24-10/15 4-4:30 p.m. Tu \$57
34085 2 Yrs 6 Mos-5 Yrs	10/29-11/19 4-4:30 p.m. Tu \$57

### HIP HOP MINIS

A bridge between Hip Hop Tots and Hip Hop, this class introduces young dancers to the fun and funky styles of hip hop while learning a routine to perform at session's end! Class held at Marina Community Center, 151 Marina Dr., Seal Beach. \*No class: 11/28.

Anne Pennypacker	Marina Community Center
34086 4-6 Yrs	8/22-9/12 4:30-5 p.m. Th \$57
34087 4-6 Yrs	9/26-10/24 4:30-5 p.m. Th \$67
34088 4-6 Yrs	11/7-12/5* 4:30-5 p.m. Th \$57

### PETIT BALLET

Bon Jour Tiny Dancers! Join in a magical adventure into the world of ballet: plies, sautes, chasses and more. Little ballerinas will be fairy tale dancers as they learn the importance of pointing their toes! Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos and Marina Community Center, 151 Marina Dr., Seal Beach. \*No class: 9/2, 10/14, 11/11, 11/25, 11/27 & 11/29.

Anne Pennypacker	Los Alamitos Community Center
34089 2 Yrs 6 Mos-5 Yrs	8/19-9/16* 6-6:30 p.m. M \$57
34092 2 Yrs 6 Mos-5 Yrs	8/23-9/13 4:30-5 p.m. F \$57
34090 2 Yrs 6 Mos-5 Yrs	9/23-10/21* 6-6:30 p.m. M \$57

34093 2 Yrs 6 Mos-5 Yrs	9/27-10/25 4:30-5 p.m. F \$67
34091 2 Yrs 6 Mos-5 Yrs	10/28-12/9* 6-6:30 p.m. M \$67
34094 2 Yrs 6 Mos-5 Yrs	11/1-12/6* 4:30-5 p.m. F \$67
Anne Pennypacker	Marina Community Center
34095 2 Yrs 6 Mos-5 Yrs	8/28-9/18 6-6:30 p.m. W \$57
34096 2 Yrs 6 Mos-5 Yrs	9/25-10/23 6-6:30 p.m. W \$67
34097 2 Yrs 6 Mos-5 Yrs	10/30-12/4* 6-6:30 p.m. W \$67

### PRE-BALLET AND CHARACTER CLASS

Your child will learn the very basic beginning positions and movements for their level. We will glide ballet steps together while pretending to be different ballet characters, such as Cinderella, Sleeping Beauty, floating fairies and more. A very creative and magical class. For more information please visit: [www.evelyngrauten.com](http://www.evelyngrauten.com). \*No class: 9/20 & 11/1.

Evelyn Grauten	Recreation Park
33783 2 Yrs 6 Mos-7 Yrs	9/6-10/11* 11:15 a.m.-noon F \$48
33784 2 Yrs 6 Mos-7 Yrs	10/18-11/22* 11:15 a.m.-noon F \$48

## ENRICHMENT

### BAMBOLEO BEBE

Wee ones will wiggle, jiggle and delight in the rhythms and sounds of the Spanish language through music and movement, parachute play and many more age-appropriate games. For more information please visit: [www.BamboleoKids.com](http://www.BamboleoKids.com). Material fee: \$10 due to instructor. \*No class: 11/30.

Priscilla Monserrate-Sanders	Heartwell Park
33921 10 Mos-2 Yrs	9/7-10/12 9:20-10 a.m. Sa \$80
33923 10 Mos-2 Yrs	10/26-12/7* 9:20-10 a.m. Sa \$80

### BAMBOLEO AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information please visit: [www.BamboleoKids.com](http://www.BamboleoKids.com). Material fee: \$30 paid to instructor on the first day, cash or check. Includes digital files for music, song book, and story book. \*No class: 11/30.

Priscilla Monserrate-Sanders	Heartwell Park
33920 2-4 Yrs	9/7-10/12 10:15-11:15 a.m. Sa \$80
33924 2-4 Yrs	10/26-12/7* 10:15-11:15 a.m. Sa \$80
Susana Paniagua	Heartwell Park
33937 2-4 Yrs	9/3-10/8 10:15-11:15 a.m. Tu \$80
33938 2-4 Yrs	9/5-10/10 10:15-11:15 a.m. Th \$80
33939 2-4 Yrs	9/6-10/11 10:15-11:15 a.m. F \$80
33940 2-4 Yrs	10/15-11/19 10:15-11:15 a.m. Tu \$80
33941 2-4 Yrs	10/17-11/21 10:15-11:15 a.m. Th \$80
33942 2-4 Yrs	10/18-11/22 10:15-11:15 a.m. F \$80

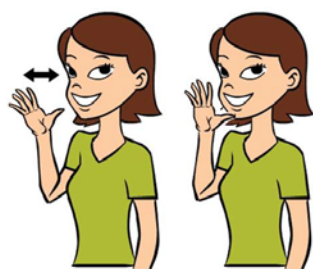
### AMIGOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information please visit: [www.BamboleoKids.com](http://www.BamboleoKids.com). Material fee: \$30 paid to instructor on the first day, cash or check. Includes digital files for music, song book, and story book. \*No class: 11/30.

Priscilla Monserrate-Sanders	Heartwell Park
33919 4-6 Yrs	9/7-10/12 11:30 a.m.-12:30 p.m. Sa \$80
33922 4-6 Yrs	10/26-12/7* 11:30 a.m.-12:30 p.m. Sa \$80



## BABY & TODDLER SIGN LANGUAGE



mom

Enhance language development and communication with Baby Sign Language. This class includes over 75 signs, music with signs, signed felt board stories and other developmentally appropriate activities. Parents or caregivers will also be given the opportunity to ask for instruction in signs that are personalized for their own family. Class held at Cal Heights Music, 1240 E. Wardlow Rd., Long Beach.

Layla Guerrero

34168	2 Mos-4 Yrs	9/5-10/3	10-10:45 a.m.	Th	\$130
34169	2 Mos-4 Yrs	10/17-11/14	10-10:45 a.m.	Th	\$130

Cal Heights Music

## PARENT & ME PRE-K READINESS

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Material fee: \$20. Adult participation is required. Space is limited.

Readwrite Educational Solution Inc.

Bixby Knolls Park

34037	2-3 Yrs 6 Mos	9/3-9/26	8:45-10:15 a.m.	Tu Th	\$145
34040	2-3 Yrs 6 Mos	9/3-9/26	10:30 a.m.-noon	Tu Th	\$145
34038	2-3 Yrs 6 Mos	10/1-10/24	8:45-10:15 a.m.	Tu Th	\$145
34041	2-3 Yrs 6 Mos	10/1-10/24	10:30 a.m.-noon	Tu Th	\$145
34039	2-3 Yrs 6 Mos	10/29-11/21	8:45-10:15 a.m.	Tu Th	\$145
34042	2-3 Yrs 6 Mos	10/29-11/21	10:30 a.m.-noon	Tu Th	\$145

## READING, MATH & MORE PRESCHOOL

Be ready for kindergarten! Kids and parents will have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics, individualized leveled reading, math and spelling instruction specifically designed for preschoolers. Parent participation is required. For more information call: (949)263-0633. Program and material fee: \$20. \*No class: 11/11.

Readwrite Educational Solution Inc.

LB Community Resource Center

34043	3 Yrs 6 Mos-5 Yrs	9/23-10/16	2:40-3:25 p.m.	M W	\$79
34044	3 Yrs 6 Mos-5 Yrs	10/23-11/20*	2:40-3:25 p.m.	M W	\$79

## READWRITE EN ESPAÑOL NEW

Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematic skills. This is a full Spanish immersion program. Parent participation required. Material fee: \$20.

Readwrite Educational Solution Inc.

Bixby Knolls Park

34162	4-6 Yrs	9/3-9/26	1:15-2 p.m.	Tu Th	\$79
34163	4-6 Yrs	10/1-10/24	1:15-2 p.m.	Tu Th	\$79
34164	4-6 Yrs	10/29-11/21	1:15-2 p.m.	Tu Th	\$79

## READWRITE KINDER PREP

Be ready for kindergarten, academically and socially. This well-rounded, individualized program incorporates letter and number recognition, phonics (for reading and spelling), math, science, and fine motor skills (for writing). We reinforce a positive self-image with fun and engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation required two days per session. Material fee: \$40.

Readwrite Educational Solution Inc.

Bixby Knolls Park

34034	3 Yrs 6 Mos-5 Yrs 7 Mos	9/4-9/27	9 a.m.-noon	M W F	\$199
34035	3 Yrs 6 Mos-5 Yrs 7 Mos	9/30-10/25	9 a.m.-noon	M W F	\$215
34036	3 Yrs 6 Mos-5 Yrs 7 Mos	10/28-11/22	9 a.m.-noon	M W F	\$215

## MUSIC

### KIDS LOVE MUSIC: BABIES!

Musical bonding time for you and your baby (4-14 months old, not walking yet)! Learn lap songs, peek-a-boo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory, cognitive development - and fun with you! Please bring a baby blanket. Adult participation required. Some materials are available for purchase. [www.KidsLoveMusic.net](http://www.KidsLoveMusic.net). Class held at Mae Boyer Park, 6701 Del Amo Blvd., Lakewood.

Karen Greeno

Mae Boyer Park

33802	4 Mos-1 Yrs 2 Mos	9/16-10/14	3:30-4 p.m.	M	\$70
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### KIDS LOVE MUSIC: TODDLERS!

Great class for first-timers! Sing, dance and play rhythm instruments with your 1-2 year old toddler! Explore making music with drums, xylophones and glockenspiels. Your child gains tonal memory, motor skills and cognitive development all while bonding with you! Adult participation required. Some materials are available for purchase. [www.KidsLoveMusic.net](http://www.KidsLoveMusic.net). Class held at Mae Boyer Park, 6701 Del Amo Blvd., Lakewood.

Karen Greeno

Mae Boyer Park

33803	1-2 Yrs	9/16-10/14	4:15-4:45 p.m.	M	\$70
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### KIDS LOVE MUSIC!

Come sing, dance and play with your 1-4 year old! Spark your child's imagination with puppets and rhythm instruments! Explore making music with drums, xylophones and glockenspiels! Your child gains tonal memory, motor skills and cognitive development all while bonding with you! Adult participation required. Some materials are available for purchase. [www.KidsLoveMusic.net](http://www.KidsLoveMusic.net). Class held at Mae Boyer Park, 6701 Del Amo Blvd., Lakewood.

Karen Greeno

Mae Boyer Park

33804	1-4 Yrs	9/16-10/14	5-5:45 p.m.	M	\$70
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### LITTLE MUSIC MAKERS

A great introduction to making music! Through songs, drum circles and inventive musical activities your child will develop an understanding for the components of music: rhythm, melody and imagination! Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.

Jammin' Music

33857	2 Yrs 6 Mos-5 Yrs	9/6-10/11	10-10:45 a.m.	F	\$85
33861	2 Yrs 6 Mos-5 Yrs	9/7-10/12	10-10:45 a.m.	Sa	\$85
33858	2 Yrs 6 Mos-5 Yrs	10/18-11/22	10-10:45 a.m.	F	\$85
33862	2 Yrs 6 Mos-5 Yrs	10/19-11/23	10-10:45 a.m.	Sa	\$85

### MELODY TIME

Parent and child make music together in this fun and interactive class! Sing songs, play simple instruments from around the world and enjoy drum circle time. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.

Jammin' Music

34399	1-2 Yrs	9/6-10/11	10-10:45 a.m.	F	\$75
34400	1-2 Yrs	10/18-11/22	10-10:45 a.m.	F	\$75

### MUSIC & MOVEMENT

Designed to provide a positive, challenging learning environment for children to blossom musically and personally. Children participate in musical games, singing, dancing, listening and playing instruments. Program combines elements of Orff-Schulwerk and Kodaly methods with traditional philosophies of musical education. \*No class: 11/27.

Danuta Klimczak

College Estates Park

33894	1 Yrs 8 Mos-2 Yrs 9 Mos	9/11-10/23	10-10:50 a.m.	W	\$94
33895	2 Yrs 9 Mos-4 Yrs	9/11-10/23	11:15 a.m.-12:05 p.m.	W	\$94
33896	1 Yrs 8 Mos-2 Yrs 9 Mos	11/6-12/11*	10-10:50 a.m.	W	\$69
33897	2 Yrs 9 Mos-4 Yrs	11/6-12/11*	11:15 a.m.-12:05 p.m.	W	\$69

**SPORTS****B-BALLERS HOOPS SCHOOL - LITTLE BALLERS**

Coach Greg and staff will help your preschooler develop basketball skills and confidence by learning the fundamentals of dribbling, passing, shooting, and footwork. Parents are sometimes asked to assist with the fun and age appropriate drills. You can bring a small basketball and water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.

B-Ballers Hoops School		Newcomb Academy	
33602	3-5 Yrs	9/7-9/28	11 a.m.-noon Sa \$75
33603	3-5 Yrs	10/5-10/26	11 a.m.-noon Sa \$75
33604	3-5 Yrs	11/2-11/23	11 a.m.-noon Sa \$75

**B-BALLERS HOOPS SCHOOL - BASKETBALL SKILLS TRAINING**

The players are taken to the next level by learning the basketball fundamentals of dribbling, passing, shooting, and footwork through more advanced drills. At this level the concept of "teamwork" is introduced through basketball games with and against each other to help develop their playing skills. Please bring water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.

B-Ballers Hoops School		Newcomb Academy	
33605	4-10 Yrs	9/7-9/28	12:30-2 p.m. Sa \$85
33606	4-10 Yrs	10/5-10/26	12:30-2 p.m. Sa \$85
33607	4-10 Yrs	11/2-11/23	12:30-2 p.m. Sa \$85

**BREAKTHROUGH SPORTS - LITTLE HOOPERS**

The Breakthrough Sports Little Hoopers program was developed with one objective in mind: Instill the basic fundamentals of basketball in a fun environment for children 3 to 7 years of age. With more than 20 years of experience creating youth basketball programming for professional sports teams, Breakthrough Sports is bringing their award-winning program to Long Beach. The program consists of four one-hour sessions with each session focusing on a specific basketball fundamental including: dribbling, passing, shooting and defense. Included with the registration fee each Little Hooper will receive a shooting shirt and activity workbook.

Breakthrough Sports		Silverado Park	
33664	3-7 Yrs	10/6-10/27	11 a.m.-noon Su \$65

**D-UP TINY BALLERS**

D-Up Tiny Ballers is an introductory to basketball fundamentals and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Material fee: \$20.

James Christian		Pan American Park	
33682	3-6 Yrs	9/8-10/6	11-11:45 a.m. Su \$60
33683	3-6 Yrs	10/20-11/17	11-11:45 a.m. Su \$60

**TINY TUMBLERS - PARENT AND ME GYMNASTICS I**

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bar, beam, floor and rings along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. Requirements: must be able to walk. Come tumble with us! Four-week session \$60; 5 week session \$75.

Aerial Butterflies LLC		Wardlow Park	
33735	9 Mos-2 Yrs 6 Mos	9/3-9/24	10-10:45 a.m. Tu \$60
33738	9 Mos-2 Yrs 6 Mos	9/7-9/28	9:30-10:15 a.m. Sa \$60
33736	9 Mos-2 Yrs 6 Mos	10/1-10/29	10-10:45 a.m. Tu \$75
33739	9 Mos-2 Yrs 6 Mos	10/5-10/26	9:30-10:15 a.m. Sa \$60
33740	9 Mos-2 Yrs 6 Mos	11/2-11/23	9:30-10:15 a.m. Sa \$60
33737	9 Mos-2 Yrs 6 Mos	11/5-11/26	10-10:45 a.m. Tu \$60

**TINY TUMBLERS - PARENT AND ME GYMNASTICS II**

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bar, beam, floor and rings along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. Come tumble with us! 4 week session \$60; 5 week session \$75.

Aerial Butterflies LLC		Wardlow Park	
33744	2 Yrs 6 Mos-4 Yrs	9/3-9/24	10:50-11:35 a.m. Tu \$60
33741	2 Yrs 6 Mos-4 Yrs	9/7-9/28	10:20-11:05 a.m. Sa \$60
33745	2 Yrs 6 Mos-4 Yrs	10/1-10/29	10:50-11:35 a.m. Tu \$75
33742	2 Yrs 6 Mos-4 Yrs	10/5-10/26	10:20-11:05 a.m. Sa \$60
33743	2 Yrs 6 Mos-4 Yrs	11/2-11/23	10:20-11:05 a.m. Sa \$60
33746	2 Yrs 6 Mos-4 Yrs	11/5-11/26	10:50-11:35 a.m. Tu \$60

**PARENT & ME SKATING**

Class fee includes skate rentals, half hour of instruction and free practice on your registered class day. Practice times: Th 10:30 a.m.-12:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC		The Rinks Lakewood Ice	
33805	3-6 Yrs	8/29-9/19	11:15-11:45 a.m. Th \$50
33806	3-6 Yrs	8/31-9/21	11:15-11:45 a.m. Sa \$50
33807	3-6 Yrs	9/26-10/17	11:15-11:45 a.m. Th \$50
33808	3-6 Yrs	9/28-10/19	11:15-11:45 a.m. Sa \$50
33809	3-6 Yrs	10/24-11/14	11:15-11:45 a.m. Th \$50
33810	3-6 Yrs	10/26-11/16	11:15-11:45 a.m. Sa \$50

**TOT BEGINNING ICE SKATING**

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC		The Rinks Lakewood Ice	
33811	3-6 Yrs	8/28-9/18	6:10-6:40 p.m. W \$50
33812	3-6 Yrs	8/29-9/19	4-4:30 p.m. Th \$50
33813	3-6 Yrs	8/31-9/21	10:15-10:45 a.m. Sa \$50
33814	3-6 Yrs	9/25-10/16	6:10-6:40 p.m. W \$50
33815	3-6 Yrs	9/26-10/17	4-4:30 p.m. Th \$50
33816	3-6 Yrs	9/28-10/19	10:15-10:45 a.m. Sa \$50
33817	3-6 Yrs	10/23-11/13	6:10-6:40 p.m. W \$50
33818	3-6 Yrs	10/24-11/14	4-4:30 p.m. Th \$50
33819	3-6 Yrs	10/26-11/16	10:15-10:45 a.m. Sa \$50

**TOT ICE HOCKEY**

Prerequisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval.

Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.



Ice Management LLC		The Rinks Lakewood Ice	
33829	3-6 Yrs	8/29-9/19	5:30-6 p.m. Th \$50
33830	3-6 Yrs	8/31-9/21	10:15-10:45 a.m. Sa \$50
33831	3-6 Yrs	9/26-10/17	5:30-6 p.m. Th \$50
33832	3-6 Yrs	9/28-10/19	10:15-10:45 a.m. Sa \$50
33833	3-6 Yrs	10/24-11/14	5:30-6 p.m. Th \$50
33834	3-6 Yrs	10/26-11/16	10:15-10:45 a.m. Sa \$50

## Preschool Classes continued

### MINI-HAWK MULTI-SPORT

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation is required for younger ages.

Skyhawks Sports Academy	Marina Vista Park
33980 2-3 Yrs 6 Mos	9/17-11/12 3:30-4:10 p.m. Tu \$155
33981 3 Yrs 6 Mos-4 Yrs	9/17-11/12 4:20-5 p.m. Tu \$155

### MULTI SPORT

Here is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt.

TriFytt Sports	Bixby Knolls Park
34008 2-3 Yrs	9/21-11/9 9-9:30 a.m. Sa \$109
34009 1 Yrs 6 Mos-2 Yrs	9/21-11/9 9:30-10 a.m. Sa \$109
34010 3-5 Yrs	9/21-11/9 10-10:45 a.m. Sa \$109

### BIDDY SOCCER LEAGUE

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirts and a medal. The first two weeks will be practice and team assignments with the remainder of the weeks being games.



TriFytt Sports	Bixby Knolls Park
34004 2-3 Yrs	9/25-10/30 4-4:30 p.m. W \$99
34005 3-5 Yrs	9/25-10/30 4:30-5:15 p.m. W \$109

### PARENT & ME SOCCER

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey.

Kidz Love Soccer	El Dorado Park West
33877 2-3 Yrs 6 Mos	9/20-11/8 9:30-10 a.m. F \$114
33878 2-3 Yrs 6 Mos	9/20-10/25 5:20-5:50 p.m. F \$93
33879 2-3 Yrs 6 Mos	9/28-11/16 8:45-9:15 a.m. Sa \$114
33880 2-3 Yrs 6 Mos	9/28-11/16 9:20-9:50 a.m. Sa \$114
Kidz Love Soccer	College Estates Park
33881 2-3 Yrs 6 Mos	9/28-11/16 9:30-10 a.m. Sa \$114

### PRE SOCCER

Learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer	El Dorado Park West
33882 4-5 Yrs	9/20-11/8 10:10-10:45 a.m. F \$114
33883 4-5 Yrs	9/20-11/8 3:20-3:55 p.m. F \$114
33884 4-5 Yrs	9/28-11/16 10:30-11:05 a.m. Sa \$114
Kidz Love Soccer	College Estates Park
33885 4-5 Yrs	9/28-11/16 10:40-11:15 a.m. Sa \$114

### SOCCERTOTS

Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce and element of light competition. Instructor-to-student ratio is kept small to maximize individual development and above all else we promote fun, fun, fun! Parent participation is required for youngest age.



Skyhawks Sports Academy	Marina Vista Park
33982 2-3 Yrs 6 Mos	9/18-10/16 4-4:40 p.m. W \$89
33983 3 Yrs 6 Mos-4 Yrs	9/18-10/16 4:50-5:30 p.m. W \$89
33984 2-3 Yrs 6 Mos	10/30-11/27 3:30-4:10 p.m. W \$89
33985 3 Yrs 6 Mos-4 Yrs	10/30-11/27 4:20-5 p.m. W \$89

### TINYTYKES

TinyTykes is an exciting program that will teach your child the basic soccer skills while focusing on motor skill development, balance, coordination, concentration, listening skills and teamwork of players. Challenger's professional coaches will take your young player on a journey to imaginary destinations of dinosaurs, princesses, dragons and more through soccer, music, storytelling and games. Material fee: \$20.

Challenger Sports	Wardlow Park
33798 2-3 Yrs	9/10-10/29 9:30-10:15 a.m. Tu \$110
33799 4-6 Yrs	9/10-10/29 10:30-11:15 a.m. Tu \$110

### TOT SOCCER

Enjoy running and kicking just like the big kids! Encourage large motor skill development through fun soccer games and introduce small children to the group setting. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer	El Dorado Park West
33890 3 Yrs 6 Mos-4 Yrs	9/20-11/8 10:10-10:45 a.m. F \$114
33891 3 Yrs 6 Mos-4 Yrs	9/20-11/8 4:40-5:10 p.m. F \$114
33892 3 Yrs 6 Mos-4 Yrs	9/28-11/16 10:10-10:30 a.m. Sa \$114
Kidz Love Soccer	College Estates Park
33893 3 Yrs 6 Mos-4 Yrs	9/28-11/16 10:10-10:40 a.m. Sa \$114

### BIDDY TEE BALL LEAGUE

Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Tee Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt and medal. The first two weeks will be practice and team assignments with the remainder of the weeks being games.

TriFytt Sports	Bixby Knolls Park
34006 3-5 Yrs	9/21-11/9 11-11:45 a.m. Sa \$109
34007 2-3 Yrs	9/21-11/9 12-12:30 p.m. Sa \$109

### TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt.

TriFytt Sports	El Dorado Park West
34011 2-3 Yrs	9/23-10/28 4-4:30 p.m. M \$99
34012 3-5 Yrs	9/23-10/28 4:30-5:15 p.m. M \$99



# YOUTH CLASSES

As children grow, so do their interests. Parks, Recreation and Marine has classes that will keep your youngster engaged and having fun while enhancing their abilities in music, dancing, acting, math and reading, or staying fit with a variety of fitness and sport offerings such a yoga, martial arts and gymnastics.

## ART AND CULTURAL

### ART INNOVATORS **NEW**

Build your own portfolio with the master pieces you create each week. Learn to draw and explore a variety of art media including watercolor, pastels, professional markers, metal tooling, and more! Each week is a lesson on a new style, technique and subject. Material fee: \$10 payable to instructor on first class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. \*No class: 9/28, 11/11 & 11/30.

Art Innovators		Los Alamitos Community Center			
34172	6-11 Yrs	9/9-10/7	3:30-4:30 p.m.	M	\$80
34403	6-11 Yrs	9/14-10/19*	11 a.m.-noon	Sa	\$80
34173	6-11 Yrs	10/21-11/25*	3:30-4:30 p.m.	M	\$80
34404	6-11 Yrs	11/2-12/7*	11 a.m.-noon	Sa	\$80

## COOKING

### BASIC COOKING FOR KIDS



ROLLING PIN



BOWLS



COFFEE CUPS

Kids will love this fun class where they can create their own delicious baked masterpiece, discover new ingredients and learn the fundamentals of baking. Please note any food allergies. Bring an apron, set of measuring cups and spoons, and food storage container for leftovers. Food and material fee: \$40.

A Yummy Future

A Yummy Future		El Dorado Park West			
33590	6-12 Yrs	9/7-9/28	1-2:15 p.m.	Sa	\$115
33591	6-12 Yrs	10/5-10/26	1-2:15 p.m.	Sa	\$115
33592	6-12 Yrs	11/2-11/23	1-2:15 p.m.	Sa	\$115

## DANCE

### CHILDREN & YOUTH DANCE WORKSHOP

Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn 8 count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. Class held at the Long Beach Dance Academy, 727 South St., Long Beach. \*No class: 11/9.

Joaquin Feliciano		Long Beach Dance Academy			
33761	4-10 Yrs	9/7-9/28	10:30-11:30 a.m.	Sa	\$40
33758	11-17 Yrs	9/7-9/28	11:30 a.m.-12:30 p.m.	Sa	\$40
33762	4-10 Yrs	10/5-10/26	10:30-11:30 a.m.	Sa	\$40
33759	11-17 Yrs	10/5-10/26	11:30 a.m.-12:30 p.m.	Sa	\$40
33763	4-10 Yrs	11/2-11/30*	10:30-11:30 a.m.	Sa	\$40
33760	11-17 Yrs	11/2-11/30*	11:30 a.m.-12:30 p.m.	Sa	\$40

### HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class.

Anne Pennypacker		Recreation Park			
34098	5-12 Yrs	8/20-9/10	5:15-6 p.m.	Tu	\$57
34099	5-12 Yrs	9/24-10/15	5:15-6 p.m.	Tu	\$57
34100	5-12 Yrs	10/29-11/19	5:15-6 p.m.	Tu	\$57

## MEXICAN FOLKLORICO



Class will have step by step footwork in various dances from Mexico and Spain. Wear shorts or dance wear for flexibility. No jeans or sandals, must wear closed toe shoes required and hair needs to be pulled back from

face. Pre-registration is encouraged. Shows will count as a class meeting. \*Wednesday Advanced class is designed for fast paced and experienced dancers. \*No class: 9/14, 10/12, 10/16 & 11/9.

Irene Portillo		Veterans Park			
33945	Beg	5-11 Yrs	9/7-11/16*	9:45-10:30 a.m.	Sa \$70
33946	Int	8-17 Yrs	9/7-11/16*	9-9:45 a.m.	Sa \$70
33947	Int/Adv	11-17 Yrs	9/7-11/16*	10:30-11:15 a.m.	Sa \$70
33943	Adv	14-17 Yrs	9/7-11/16*	11:15 a.m.-12:15 p.m.	Sa \$70
33944	Adv*	14-17 Yrs	9/11-11/6*	6-7 p.m.	W \$85

## MUSICAL THEATRE

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, music and song. Students will learn musical theatre dance styles, while learning to connect acting and emotions of the song to the choreography of the piece. \*No class: 11/27.

Anne Pennypacker		Recreation Park			
34101	5-12 Yrs	8/20-9/10	4:30-5:15 p.m.	Tu	\$57
34102	5-12 Yrs	9/24-10/15	4:30-5:15 p.m.	Tu	\$57
34103	5-12 Yrs	10/29-11/19	4:30-5:15 p.m.	Tu	\$57
Anne Pennypacker		Marina Community Center			
34104	5-13 Yrs	8/28-9/18	3:45-4:30 p.m.	W	\$57
34105	5-13 Yrs	9/25-10/23	3:45-4:30 p.m.	W	\$67
34106	5-13 Yrs	10/30-12/4*	3:45-4:30 p.m.	W	\$67

## ENRICHMENT

### 3D CREATIONS: MINECRAFT **NEW**

Discover 3D printing as you create models of your favorite Minecraft characters. Learn pixel art to design your own colorful, unique skin for your 3D model to bring home. Material fee: \$15 due on the first day of class. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc.		Build It Workspace			
34125	6-9 Yrs	9/10-10/1	3:30-5 p.m.	Tu	\$75

### COMPUTER CODING **NEW**

Create your own video game with characters, environments, and challenges designed by you! Learn fundamental coding concepts with block-based coding tools to animate your game. Incorporate the physical and digital worlds as you play and share your game with others. Completion of Keyboarding & Computer Coding is recommended. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc.		Build It Workspace			
34139	6-9 Yrs	10/9-10/30	11:30 a.m.-1 p.m.	W	\$75
34140	6-9 Yrs	10/12-11/2	11 a.m.-12:30 p.m.	Sa	\$75





### JUNIOR ROBOTICS TEAM **NEW**

Young engineers of all skill levels are welcome to join the fun as we explore real-world topics through fun activities and challenges. Develop teamwork and presentation skills as you build motorized Lego models to share with others. Class held at Build It Workspace, 4388 Cerritos

Ave., Los Alamitos. \*No class: 11/30.

Build It Workspace Inc.				Build It Workspace			
34128	6-9 Yrs	9/14-10/5	9-10:30 a.m.	Sa	\$75		
34129	6-9 Yrs	10/12-11/2	9-10:30 a.m.	Sa	\$75		
34130	6-9 Yrs	11/16-12/14*	9-10:30 a.m.	Sa	\$75		

### KEYBOARDING & COMPUTER CODING **NEW**

Learn basic keyboarding skills to type quickly and accurately so you can begin your journey into coding! Think logically, recognize patterns, and solve problems as you explore the basic concepts of coding that are the building blocks for creating your own games, animations, and apps. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc.				Build It Workspace			
34126	6-9 Yrs	9/11-10/2	11:30 a.m.-1 p.m.	W	\$75		
34127	6-9 Yrs	9/14-10/5	11 a.m.-12:30 p.m.	Sa	\$75		

### MINECRAFT MODDING **NEW**

Take your Minecraft modding skills to the next level! Learn Java programming, enhance problem-solving skills, and see your projects come to life by creating your own mods. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc.				Build It Workspace			
34131	10-14 Yrs	9/11-10/2	11:30 a.m.-1 p.m.	W	\$75		
34132	10-14 Yrs	9/14-10/5	9-10:30 a.m.	Sa	\$75		

### MATH DEVELOPMENT 2-6

Students skills gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For more information call: (949)263-0633. Testing and material fee: \$20. Class held on Tuesday and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. \*No class: 10/31 & 11/11.

Readwrite Educational Solution Inc.				LB Community Resource Center			
34022	6 Yrs 6 Mos-11 Yrs	9/23-10/16	5:10-5:55 p.m.	MW	\$79		
34023	6 Yrs 6 Mos-11 Yrs	10/23-11/20*	5:10-5:55 p.m.	MW	\$79		
Readwrite Educational Solution Inc.				Heartwell Park			
34024	6 Yrs 6 Mos-11 Yrs	9/24-10/17	5:10-5:55 p.m.	Tu Th	\$79		
34025	6 Yrs 6 Mos-11 Yrs	10/24-11/21*	5:10-5:55 p.m.	Tu Th	\$79		

### READING DEVELOPMENT 2-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: (949)263-0633. Testing and material fee: \$20. Class held on Tuesday and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. \*No class: 10/31 & 11/11.

Readwrite Educational Solution Inc.				LB Community Resource Center			
34026	6 Yrs 6 Mos-11 Yrs	9/23-10/16	4:20-5:05 p.m.	MW	\$79		
34027	6 Yrs 6 Mos-11 Yrs	10/23-11/20*	4:20-5:05 p.m.	MW	\$79		
Readwrite Educational Solution Inc.				Heartwell Park			
34028	6 Yrs 6 Mos-11 Yrs	9/24-10/17	4:20-5:05 p.m.	Tu Th	\$79		
34029	6 Yrs 6 Mos-11 Yrs	10/24-11/21*	4:20-5:05 p.m.	Tu Th	\$79		

### READING DEVELOPMENT K-1

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: (949)263-0633. Testing and material fee: \$20. Class held on Tuesday and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. \*No class: 10/31 & 11/11.

Readwrite Educational Solution Inc.				LB Community Resource Center			
34030	4 Yrs 6 Mos-7 Yrs	9/23-10/16	3:30-4:15 p.m.	MW	\$79		
34031	4 Yrs 6 Mos-7 Yrs	10/23-11/20*	3:30-4:15 p.m.	MW	\$79		
Readwrite Educational Solution Inc.				Heartwell Park			
34032	4 Yrs 6 Mos-7 Yrs	9/24-10/17	3:30-4:15 p.m.	Tu Th	\$79		
34033	4 Yrs 6 Mos-7 Yrs	10/24-11/21*	3:30-4:15 p.m.	Tu Th	\$79		

### READWRITE EN ESPAÑOL

Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematic skills. This is a full Spanish immersion program. Material fee: \$20.

Readwrite Educational Solution Inc.				Bixby Knolls Park			
34165	5-7 Yrs	9/3-9/26	2:15-3 p.m.	Tu Th	\$79		
34166	5-7 Yrs	10/1-10/24	2:15-3 p.m.	Tu Th	\$79		
34167	5-7 Yrs	10/29-11/21	2:15-3 p.m.	Tu Th	\$79		

### READY, SET, GO! **NEW**

Design and build your own car to race down a ramp. Explore the effects of aerodynamics, weight, and resistance on your car's performance and evaluate how improvements can be made to increase speed. Material fee: \$15 due on the first class. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc.				Build It Workspace			
34133	10-14 Yrs	9/10-10/1	3:30-5 p.m.	Tu	\$75		
34134	6-9 Yrs	10/8-10/29	3:30-5 p.m.	Tu	\$75		

### ROBLOX CODING **NEW**

Become a coding pro as you create your own Roblox adventures with Lua code, a language similar to JavaScript. Learn and share games with your friends and publish them online. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc.				Build It Workspace			
34141	10-14 Yrs	10/9-10/30	11:30 a.m.-1 p.m.	W	\$75		
34142	10-14 Yrs	10/12-11/2	9-10:30 a.m.	Sa	\$75		

### ROBOTICS TEAM **NEW**

Work as a team to develop solutions to real-world problems. Young innovators learn together as they share their skills and talents with others. Guided by Build It's coaches, budding engineers will design, build, test, and program robots to compete in friendly competitions. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos. \*No class: 11/30.

Build It Workspace Inc.				Build It Workspace			
34136	9-14 Yrs	9/14-10/5	11 a.m.-1 p.m.	Sa	\$150		
34137	9-14 Yrs	10/12-11/2	11 a.m.-1 p.m.	Sa	\$150		
34138	9-14 Yrs	11/16-12/14*	11 a.m.-1 p.m.	Sa	\$150		

### SCULPTING IN 3D **NEW**

Explore CAD technology as you sculpt organic, solid bodies in this hands-on approach to 3D modeling. Beginners will sculpt and create their practical, beautiful designs to bring home. Material fee: \$15 due on the first class. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc.				Build It Workspace			
34135	10-14 Yrs	10/8-10/29	3:30-5 p.m.	Tu	\$75		

## Youth Classes continued

### WOODSHOP: HOLIDAY GIFTS **NEW**

Gain fundamental DIY skills to create personalized holiday gifts. Beginners and experienced builders will learn to safely use hand tools, power tools, and high tech machines such as the laser cutter. Material fee: \$15 due on the first day of class. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos. \*No class: 11/26, 11/27 & 11/30.

Build It Workspace Inc.				Build It Workspace			
34143	6-9 Yrs	11/12-12/10*	3:30-5 p.m.	Tu	\$75		
34146	10-14 Yrs	11/12-12/10*	3:30-5 p.m.	Tu	\$75		
34144	6-9 Yrs	11/13-12/11*	11:30 a.m.-1 p.m.	W	\$75		
34147	10-14 Yrs	11/13-12/11*	11:30 a.m.-1 p.m.	W	\$75		
34148	10-14 Yrs	11/16-12/14*	9-10:30 a.m.	Sa	\$75		
34145	6-9 Yrs	11/16-12/14*	11 a.m.-12:30 p.m.	Sa	\$75		

## MUSIC

### AUDITION PREP FOR SOLO POP, MUSICAL THEATRE & MORE **NEW**

One Pro Singer, CarrieATune.com, One Pro Singer/Dancer and One Pro Accompanist from Jewel Box Children's Audition Theater teach auditioning skills in a friendly environment. This class focuses on teaching singers how to prepare for auditions. Singers will learn how to choose the right music, prepare sheet music, set and maintain or change the temp, move on stage, create a character, and perform with confidence! Class begins with a physical and vocal warm up followed by a Master Class format: students perform, then work individually with instructors. Students learn from observing, while serving as an audience for each performer. Bring a water bottle and wear comfortable clothes. Pre-requisite: Be prepared to sing one memorized solo song and bring two copies of sheet music or instrumental mp3 or mp4.

Carrie Rothenberger				College Estates Park			
34065	11-17 Yrs	9/7-10/12	11 a.m.-1 p.m.	Sa	\$160		

### EXPLORING INSTRUMENTS

Want to play music, but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.				Jammin' Music			
33853	7-11 Yrs	9/11-10/16	4-4:50 p.m.	W	\$90		
33860	7-11 Yrs	10/23-11/27	4-4:50 p.m.	W	\$90		

### GROUP PIANO

Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.				Jammin' Music			
33854	7-12 Yrs	9/10-10/15	4-4:50 p.m.	Tu	\$95		
33863	7-12 Yrs	10/22-11/26	4-4:50 p.m.	Tu	\$95		

### GUITAR

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

Daniel Howe				Whaley Park			
33792	8-18 Yrs	9/4-10/2	6:30-7:30 p.m.	W	\$65		
33793	8-18 Yrs	10/9-11/6	6:30-7:30 p.m.	W	\$65		

### JAMMIN' MUSIC GLEE CLUB

Participants will have a blast singing group renditions of pop and rock songs while also learning proper vocal techniques (breathing, warm-ups, pitch, and more), light choreography and stage blocking. Class will conclude with a performance. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. \*No class: 10/31 & 11/28.

Jammin' Music Inc.				Jammin' Music			
33867	7-14 Yrs	9/19-12/5*	4:30-5:30 p.m.	Th	\$135		

### KEYBOARD KIDS

Children will be guided through a variety of fun and engaging musical activities with an emphasis on keyboards. Rhythm, note recognition and proper keyboard techniques will be taught as well as simple melodies. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.				Jammin' Music			
33855	5-6 Yrs	9/7-10/12	11-11:50 a.m.	Sa	\$95		
33864	5-6 Yrs	9/10-10/15	3-3:50 p.m.	Tu	\$95		
33856	5-6 Yrs	10/19-11/23	11-11:50 a.m.	Sa	\$95		
33865	5-6 Yrs	10/22-11/26	3-3:50 p.m.	Tu	\$95		

### ROCKIN' GUITAR

Calling all beginning electric or acoustic guitarists... learn what it takes to rock! Beginning rock techniques include: power chords, simple blues and rock licks. Bring your own guitar or rent one from us. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.				Jammin' Music			
33859	8-14 Yrs	9/6-10/11	5-5:50 p.m.	F	\$85		
33866	8-14 Yrs	10/18-11/22	5-5:50 p.m.	F	\$85		

## SPORTS

### B-BALLERS HOOPS SCHOOL BASKETBALL

For those looking to improve and develop to their full potential in order to get to the "next level." This class offers intense, high quality training and teamwork experience. Shooting, dribbling, ball handling, passing, and more are refined through advanced drills in a challenging environment. Material fee: \$20. Classes held at Wilson High School, 4400 E. 10th St., Long Beach.

B-Ballers Hoops School				Wilson High School			
33608	5-12 Yrs	9/8-9/29	3-4 p.m.	Su	\$65		
33609	5-12 Yrs	10/6-10/27	3-4 p.m.	Su	\$65		
33610	5-12 Yrs	11/3-11/24	3-4 p.m.	Su	\$65		

### B-BALLERS HOOPS BASKETBALL CLINIC



Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense for the first half of class. The second half of class will allow the kids to play full or half court games against each other so they can get game time experience.

It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.

B-Ballers Hoops School				Newcomb Academy			
33614	5-12 Yrs	9/8-9/29	11 a.m.-12:15 p.m.	Su	\$75		
33615	5-12 Yrs	10/6-10/27	11 a.m.-12:15 p.m.	Su	\$75		
33616	5-12 Yrs	11/3-11/24	11 a.m.-12:15 p.m.	Su	\$75		

### BREAKTHROUGH SPORTS - TRAINING ACADEMY

The Breakthrough Sports Training Academy is elite training for youth basketball players of all skill levels at an affordable price. With more than 20 years of experience creating youth programming for professional sports teams, Breakthrough Sports brings their award-winning curriculum to Long Beach. Breakthrough Sports coaches, including former pro and NBA players will help participants improve mechanics, basketball IQ and most of all confidence in a fun environment.

Breakthrough Sports				Silverado Park			
33665	6-11 Yrs	9/5-9/26	7-8 p.m.	Th	\$52		
33666	6-11 Yrs	10/3-10/24	7-8 p.m.	Th	\$52		
33667	6-11 Yrs	11/7-11/21	7-8 p.m.	Th	\$40		

10 VISIT [HTTP://BIT.LY/PRMSURVEY](http://bit.ly/prmsurvey) FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY



# Sign Up Now For The Long Beach Youth Sports Program

Season begins the week of September 16

On-line registration: July 29-August 31 • Walk in registration: Closes August 30  
Uniform Fee: \$10 required upon registration • Scholarships available



## COED AND BOYS FLAG FOOTBALL | COED AND GIRLS VOLLEYBALL

**Admiral Kidd Park**  
2125 Santa Fe Ave  
562.570.1600

**Bixby Park**  
130 Cherry Ave.  
562.570.1601

**Cesar E. Chavez Park**  
401 Golden Ave.  
562.570.8890

**Cherry Park**  
1901 E. 46th St.  
562.570.3150

**College Estates Park**  
808 Stevely Ave.  
562.570.3150

**Coolidge Park**  
352 Neece St.  
562.570.1618

**Davenport Park**  
2910 E. 55th Way  
562.570.3150

**DeForest Park**  
6255 DeForest Ave.  
562.570.1620

**Drake Park**  
951 Maine Ave.  
562.570.1625

**El Dorado Park West**  
2800 Studebaker Rd.  
562.570.3225

**Houghton Park**  
6301 Myrtle Ave.  
562.570.1640

**MacArthur Park**  
1321 Anaheim St.  
562.570.1655

**Martin Luther King Jr.  
Park**  
1950 Lemon Ave.  
562.570.4405

**McBride Park**  
1550 M.L King Jr. Blvd.  
562.570.1605

**Miracle on 4th Street  
Park**  
1518 E 4th St  
562.570.1786

**Orizaba Park**  
2937 E. 14th St.  
562.570.1427

**Pan American Park**  
5157 Centralia St.  
562.570.1662

**Ramona Park**  
3301 E. 65th St.  
562.570.1665

**Seaside Park**  
14th St. at Chestnut Ave.  
562.570.5162

**Scherer Park**  
4600 Long Beach Blvd.  
562.570.1674

**Stearns Champions Park**  
4520 E. 23rd St.  
562.570.1685

**Silverado Park**  
1545 W. 31st St.  
562.570.1675

**Somerset Park**  
1500 E. Carson St.  
562.570.1690

**Veterans Park**  
101 E. 28th Street  
562.570.1695

**Wardlow Park**  
3457 Stanbridge Ave.  
562.570.1706

**Whaley Park**  
5620 Atherton St.  
562.570.1710

**WRAP Sites 562.570.3530**  
**Burbank Elementary**  
501 Junipero Ave

**Edison Elementary**  
625 Marine Ave.

**Garfield Elementary**  
2240 Baltic Ave.

**Grant Elementary**  
1225 E. 64th St.

**Herrera Elementary**  
1620 Temple Ave.

**Hudson (Kinder-8)**  
2335 Webster Ave.

**King Elementary**  
145 E. Artesia Blvd.

**Lafayette Elementary**  
2445 Chestnut Ave.

The City of Long Beach Youth Sports Program is free to all participants and consists of a variety of sports opportunities throughout the year for boys and girls ages 5-14 years (born 2005-2014).

Participants register individually and are placed on teams at Long Beach parks. This nine week season emphasizes fun and the four pillars of our Youth Sports Program: sportsmanship, fundamentals, health and wellness and perseverance.

For more information, call the Long Beach Parks, Recreation and Marine Youth Sports Office at (562) 570-1707. Visit us on our official Long Beach Sports Website @ [teamsideline.com/longbeach](http://teamsideline.com/longbeach). Click under Youth Sports for more information.



## Youth Classes continued

### D-UP BALLERS

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is for all levels, it enhances your basketball skills. We work on dribbling, passing, shooting, defense, footwork and more. We will have player(s) of the week and give out prizes! Material fee: \$20.

James Christian	Pan American Park				
33680	7-14 Yrs	9/8-10/6	noon-1 p.m.	Su	\$60
33681	7-14 Yrs	10/20-11/17	noon-1 p.m.	Su	\$60

### AB BEGINNING GYMNASTICS

Boys and girls gymnastics is a fun way to learn all gymnastics events: vault, bars, beam, floor and rings while building confidence and strength. Children learn balance, coordination and flexibility that will benefit them as they grow and helps their performance in other sports and activities. 4 week session \$65; 5 week session \$80.

Aerial Butterflies LLC	Wardlow Park				
33726	4-12 Yrs	9/3-9/24	3:45-4:30 p.m.	Tu	\$65
33729	4-12 Yrs	9/7-9/28	11:15 a.m.-noon	Sa	\$65
33727	4-12 Yrs	10/1-10/29	3:45-4:30 p.m.	Tu	\$80
33730	4-12 Yrs	10/5-10/26	11:15 a.m.-noon	Sa	\$65
33731	4-12 Yrs	11/2-11/23	11:15 a.m.-noon	Sa	\$65
33728	4-12 Yrs	11/5-11/26	3:45-4:30 p.m.	Tu	\$65

### AB INTERMEDIATE GYMNASTICS

Gymnastics is a fun way for kids to learn all gymnastics events: vault, bars, beam, floor and rings while building confidence and strength. They will learn balance, coordination and flexibility that benefits them as they grow and helps their performance in other sports and activities. Requirements: Cartwheel, backbend, pull up/pull over on bar, vault squat on. 4-week session \$65; 5-week session \$80.

Aerial Butterflies LLC	Wardlow Park				
33732	6-17 Yrs	9/3-9/24	4:30-5:30 p.m.	Tu	\$65
33733	6-17 Yrs	10/1-10/29	4:30-5:30 p.m.	Tu	\$80
33734	6-17 Yrs	11/5-11/26	4:30-5:30 p.m.	Tu	\$65

### BEGINNING & INTERMEDIATE TUMBLING

This class teaches students cartwheels, handsprings, backflips, tumbling and basic strength training to improve skill progression. Class held at Wilson High School, 4400 E. 10th St. 600 Bldg., Long Beach.

Cheryl Milgrom	Wilson High School				
33916	8-17 Yrs	9/4-9/25	4:30-5:15 p.m.	W	\$48
33917	8-17 Yrs	10/2-10/23	4:30-5:15 p.m.	W	\$48
33918	8-17 Yrs	11/6-11/27	4:30-5:15 p.m.	W	\$48

### BEGINNING GYMNASTICS

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Class held at Wilson High School, 4400 E. 10th St., 600 Bldg., Long Beach. \*No class: 11/28.

Cheryl Milgrom	Wilson High School				
33907	6-17 Yrs	9/4-9/25	5:10-6 p.m.	W	\$48
33910	6-17 Yrs	9/5-9/26	5:10-6 p.m.	Th	\$48
33908	6-17 Yrs	10/2-10/23	5:10-6 p.m.	W	\$48
33911	6-17 Yrs	10/3-10/24	5:10-6 p.m.	Th	\$48
33909	6-17 Yrs	11/6-11/27	5:10-6 p.m.	W	\$48
33912	6-17 Yrs	11/7-11/21*	5:10-6 p.m.	Th	\$48

### INTERMEDIATE GYMNASTICS

This class teaches the fundamentals of the four Olympic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Ability to perform a cartwheel on both sides, a dive roll, round off, and back walkover. Class held at Woodrow Wilson High School, 4400 E. 10th St., 600 Bldg., Long Beach. \*No class: 11/28.

Cheryl Milgrom	Wilson High School				
33913	6-17 Yrs	9/4-9/26	6-6:50 p.m.	W Th	\$84
33914	6-17 Yrs	10/2-10/24	6-6:50 p.m.	W Th	\$84
33915	6-17 Yrs	11/6-11/27*	6-6:50 p.m.	W Th	\$84

### ADVANCED GYMNASTICS & TUMBLING

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, advanced training in uneven para bars, balance beam, vaulting table, and/or advanced tumbling skills. Prerequisites: Intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Class held at Wilson High School, 4400 E. 10th St., 600 Bldg., Long Beach. \*No class: 11/28.

Cheryl Milgrom	Wilson High School				
33904	6-17 Yrs	9/4-9/26	6:45-8 p.m.	W Th	\$120
33905	6-17 Yrs	10/2-10/24	6:45-8 p.m.	W Th	\$120
33906	6-17 Yrs	11/6-11/27*	6:45-8 p.m.	W Th	\$120

### HORSE FUN

We will teach your child safety, basic horsemanship, haltering, grooming, saddling and how to ride horses! Get ready to hit the trail! Wear riding boots, jeans and riding helmet. Material fee: \$30 due to instructor at start of class. No unregistered siblings. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea. \*No class: 11/30.

Fun With Horses	El Rodeo Stables				
33765	7-12 Yrs	9/14-10/5	11 a.m.-noon	Sa	\$85
33766	7-12 Yrs	10/12-11/2	11 a.m.-noon	Sa	\$85
33767	7-12 Yrs	11/9-12/7*	11 a.m.-noon.	Sa	\$85

### BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration



required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood.

Ice Management LLC	The Rinks Lakewood Ice				
33820	7-14 Yrs	8/28-9/18	6:40-7:10 p.m.	W	\$50
33821	7-14 Yrs	8/29-9/19	4:30-5 p.m.	Th	\$50
33822	7-14 Yrs	8/31-9/21	11:15-11:45 a.m.	Sa	\$50
33823	7-14 Yrs	9/25-10/16	6:40-7:10 p.m.	W	\$50
33824	7-14 Yrs	9/26-10/17	4:30-5 p.m.	Th	\$50
33825	7-14 Yrs	9/28-10/19	11:15-11:45 a.m.	Sa	\$50
33826	7-14 Yrs	10/23-11/13	6:40-7:10 p.m.	W	\$50
33827	7-14 Yrs	10/24-11/14	4:30-5 p.m.	Th	\$50
33828	7-14 Yrs	10/26-11/16	11:15-11:45 a.m.	Sa	\$50

### ICE HOCKEY

Pre-require: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey, one of the fastest growing high school sports! No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood.

Ice Management LLC	The Rinks Lakewood Ice				
33835	7-18 Yrs	8/29-9/19	5:30-6 p.m.	Th	\$50
33836	7-18 Yrs	8/31-9/21	11:15-11:45 a.m.	Sa	\$50
33837	7-18 Yrs	9/26-10/17	5:30-6 p.m.	Th	\$50
33838	7-18 Yrs	9/28-10/19	11:15-11:45 a.m.	Sa	\$50
33839	7-18 Yrs	10/24-11/14	5:30-6 p.m.	Th	\$50
33840	7-18 Yrs	10/26-11/16	11:15-11:45 a.m.	Sa	\$50





## Free After School Program Park Sites ages 5-12



### What is Your Child Doing After School?

Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include enrichment programs, games, arts and crafts, tournaments, homework assistance, holiday celebrations and more. Visit: <https://bit.ly/1Neoc8o> for program schedules and descriptions.

### Park Locations and Hours\*



#### Admiral Kidd Park

2125 Santa Fe Ave.  
570-1600  
Mon-Fri 3-6 p.m.



#### Bixby Park

130 Cherry Ave.  
570-1601  
Mon-Fri 3-6 p.m.



#### Chavez Park

401 Golden Ave.  
570-8890  
Mon-Fri 3-6 p.m.



#### Drake Park

951 Maine Ave.  
570-1625  
Mon-Fri 3-6 p.m.



#### Houghton Park temporarily located at Coolidge Park

352 Neece Ave.  
570-1618  
Mon-Fri 3-6 p.m.



#### Mac Arthur Park

1321 Anaheim St.  
570-1655  
Mon-Fri 3-6 p.m.



#### McBride Park

1550 M.L. King Jr. Blvd.  
570-1605  
Mon-Fri 3-6 p.m.



#### M.L. King Jr. Park

1950 Lemon Ave  
570-4405  
Mon-Fri 3-6 p.m.



#### Orizaba Park

1435 Orizaba Ave.  
570-1427  
Mon-Fri 3-6 p.m. Sat 12-4 p.m.  
Sat 12-4 p.m.



#### Pan American Park

5157 Centralia St.  
570-1660  
Mon-Fri 2:30-5:30 p.m.



#### Ramona Park

3301 E. 65th St.  
570-1665  
Mon-Fri 3-6 p.m.



#### Seaside Park

1401 Chestnut Ave.  
572-5126  
Mon-Fri 3-5:30 (M-F)  
Sa&Su 11 a.m.-3 p.m.



#### Silverado Park

1545 W. 31st St.  
570-1675  
Mon-Fri 3-6 p.m.



#### Somerset Park

1500 E. Carson St.  
570-1690  
Mon-Fri 3-6 p.m.



#### Stearns Champions Park

4520 E. 23rd St.  
570-1685  
Mon-Fri 3-6 p.m.



#### Veterans Park

101 E. 28th St.  
570-1695  
Mon-Fri 2:30-5:30 p.m.



#### Wardlow Park

3457 Stanbridge Ave.  
570-1706  
Mon-Fri 3-6 p.m.



#### Whaley Park

5620 Atherton St.  
570-1710  
Mon-Fri 2:30-5:30 p.m.



**\*Park locations and times  
are subject to change**



## JUJITSU



Self defense for children; students learn escapes, throws, and holds while developing better listening skills, coordination, and self-confidence from one-on-one instruction and an instructor with 40 years of self defense experience.

New students start first Monday or Wednesday of each month.  
www.LakewoodBudoKai.com.

Russell Kelley		Stearns Champions Park	
33868	6-12 Yrs	9/4-9/30	5:30-6:30 p.m. M W F\$45
33869	6-12 Yrs	10/2-10/30	5:30-6:30 p.m. M W F\$45
33870	6-12 Yrs	11/4-11/25	5:30-6:30 p.m. M W F\$45

## KARATE

This traditional Japanese Karate retains all traditions of the ancient art. The philosophy and rules of Karate will help develop discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the courtesies and customs of Japanese culture.

Jony Martinez		Cesar Chavez Park	
33925	5-12 Yrs	9/4-9/30	6-7 p.m. M W F\$75
33926	5-12 Yrs	10/2-10/30	6-7 p.m. M W F\$75
33927	5-12 Yrs	11/4-11/27	6-7 p.m. M W F\$75
Jony Martinez		College Estates Park	
34070	5-12 Yrs	9/4-9/30	4:15-5 p.m. M W \$55
34071	5-12 Yrs	10/2-10/30	4:15-5 p.m. M W \$55
34072	5-12 Yrs	11/4-11/27	4:15-5 p.m. M W \$55

## SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial arts of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of all ages will develop valuable self defense, self control and self discipline skills, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). \*No class: 11/29.

Antonio Silva		Bixby Park	
33995	5-17 Yrs	9/6-9/28	6-7 p.m. F Sa \$50
33996	5-17 Yrs	10/4-10/26	6-7 p.m. F Sa \$50
33997	5-17 Yrs	11/1-11/30*	6-7 p.m. F Sa \$50

## TRADITIONAL KARATE - BEGINNING TO INTERMEDIATE

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Material fee (new students): \$5.

David Crockett		Recreation Park	
33686	5-14 Yrs	9/4-11/27	4:30-5:30 p.m. W \$130
David Crockett		El Dorado Park West	
33687	5-14 Yrs	9/14-11/30	10-11 a.m. Sa \$130

## TRADITIONAL KARATE - INTERMEDIATE TO ADVANCED

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Students must have achieved a purple belt or higher in Itosu-Kai. Registration includes access to all other Itosu-Kai classes, both Saturday and Wednesday.

David Crockett		Recreation Park	
33688	8-17 Yrs	9/4-11/27	5:30-6:30 p.m. W \$140
David Crockett		El Dorado Park West	
33689	8-17 Yrs	9/14-11/30	9-10 a.m. Sa \$140

## MIXED MARTIAL ARTS - WHITE BELT

White belts will become confident and learn to respect themselves and peers while learning mixed martial arts. Instagram: Schools of Self Defense. Uniforms are available for \$35, shin guards and gloves available for \$20 each. Testing fee is \$40. \*No class: 11/28 & 11/29.

Michael J. Rice		El Dorado Park West	
33954	6-11 Yrs	9/5-9/27	6-7 p.m. Th F \$50
33955	6-11 Yrs	10/3-10/31	6-7 p.m. Th F \$50
33956	6-11 Yrs	11/1-11/22*	6-7 p.m. Th F \$50

## MIXED MARTIAL ARTS - UPPER BELT

Students will become "bully proof" while training in Muay Thai kick-boxing, wrestling, and Brazilian Jiu Jitsu. Students will become confident and will respect their peers during their martial arts training. Instagram: Schools of Self Defense. Uniforms are available for \$35, shin guards and gloves available for \$20 each. Testing fee is \$40. \*No class: 11/28 & 11/29.

Michael J. Rice		El Dorado Park West	
33951	6-17 Yrs	9/5-9/27	7-8 p.m. Th F \$50
33952	6-17 Yrs	10/3-10/31	7-8 p.m. Th F \$50
33953	6-17 Yrs	11/1-11/22*	7-8 p.m. Th F \$50

## SKATEDOGS SKATEBOARDING

Whether you are just learning or ready to learn advanced tricks, this class is right for you! Make friends, play games, and advance your skills in our private skatepark! Requirement: A signed Skatedogs waiver, a "trick" skateboard, knee and elbow pads and a helmet. Visit skatedogs.com to view our online skateboard customizer.

Adam Cohen		Heartwell Park	
33684	5-13 Yrs	9/7-10/12	9-10:30 a.m. Sa \$150
33685	5-13 Yrs	10/26-11/30	9-10:30 a.m. Sa \$150

## SOCCER 1 - TECHNIQUES & TEAMWORK

Develop dribbling, passing, defense and shooting skills! Fun games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey.

Kidz Love Soccer		El Dorado Park West	
33886	5-6 Yrs	9/20-11/8	3:55-4:40 p.m. F \$114
33887	5-6 Yrs	9/28-11/16	11:05-11:50 a.m. Sa \$114
Kidz Love Soccer		College Estates Park	
33888	5-6 Yrs	9/28-11/16	11:15 a.m.-12 p.m. Sa \$114

## SOCCER 2 - SKILLZ & SCRIMMAGES

Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! Shin guards are required. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer		College Estates Park	
33889	7-10 Yrs	9/28-11/16	noon-12:45 p.m. Sa \$114

## TGA PREMIER VOLLEYBALL

Whether new to the game or an avid player, TGA makes it convenient and fun to learn or improve your skills. Certified instructors coach students in station-based drills and games that help develop fundamental skills of serving, passing, setting, blocking and spiking while promoting life lessons such as sportsmanship and leadership. In this entertaining, supportive environment students also participate in STEM labs that allow them to explore academic concepts like gravity, geometry and force throughout the game. Material fee \$7.

TGA Premier Sports		Pan American Park	
33617	5-12 Yrs	9/8-9/29	3-4 p.m. Su \$65
33618	5-12 Yrs	10/6-10/27	3-4 p.m. Su \$65
33619	5-12 Yrs	11/3-11/24	3-4 p.m. Su \$65

LONG BEACH PARKS, RECREATION AND MARINE

# TEEN CENTERS



**ADMIRAL KIDD PARK** 2125 SANTA FE AVE.  
**FREEMAN COMMUNITY** 1205 FREEMAN AVE.  
**HOUGHTON PARK TEMPORARILY LOCATED AT:**  
**COOLIDGE PARK** 352 NEECE ST.  
**CESAR CHAVEZ PARK** 401 GOLDEN AVE.  
**SILVERADO PARK** 1545 W. 31ST  
**MCBRIDE PARK** 1550 MARTIN LUTHER KING JR. AVE.

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# TEEN CLASSES

## COOKING

### BASIC COOKING FOR TEENS



Students will love this fun hands-on class where they can explore their creative side, discover new ingredients and learn the fundamentals of cooking. Class will include a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to

kitchen tools, appliances, vocabulary, and kitchen skills. Please note any food allergies. Bring apron, set of measuring cups and spoons and a food storage container for leftovers. Food and material fee: \$40.

A Yummy Future

El Dorado Park West

33593	13-18 Yrs	9/7-9/28	3-4:15 p.m.	Sa	\$115
33594	13-18 Yrs	10/5-10/26	3-4:15 p.m.	Sa	\$115
33595	13-18 Yrs	11/2-11/23	3-4:15 p.m.	Sa	\$115

## ENRICHMENT

### DRIVER'S EDUCATION



California required course to obtain driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included.

All Good Driving School Inc

Online

33599	14-18 Yrs	9/1-9/30	Every day		\$40
33600	14-18 Yrs	10/1-10/31	Every day		\$40
33601	14-18 Yrs	11/1-11/30	Every day		\$40

### UC PERSONAL INSIGHT QUESTIONS **NEW**

Each workshop will focus on a specific Personal Insight Question (PIQ) topic. Students must submit a rough draft in advance to participate. The instructor will discuss the basic elements of essay writing, using selected student drafts as examples. Student will learn how to analyze the question, critique their own work, and use personal examples to further develop their story. Must register by the prior Thursday and submit rough draft. Pre-registration required. Visit [LBParks.org](http://LBParks.org) class registration page for PIQ topics. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.



Alison Cottle

Los Alamitos Community Center

34057	15 Yrs+	9/8-9/8	1-2 p.m.	Su	\$25
34058	15 Yrs+	9/15-9/15	1-2 p.m.	Su	\$25
34059	15 Yrs+	9/22-9/22	1-2 p.m.	Su	\$25
34060	15 Yrs+	9/29-9/29	1-2 p.m.	Su	\$25
34061	15 Yrs+	10/6-10/6	1-2 p.m.	Su	\$25
34062	15 Yrs+	10/13-10/13	1-2 p.m.	Su	\$25
34063	15 Yrs+	10/20-10/20	1-2 p.m.	Su	\$25
34064	15 Yrs+	10/27-10/27	1-2 p.m.	Su	\$25

## MUSIC

### AUDITION PREP FOR SOLO POP, MUSICAL THEATRE & MORE **NEW**

Carrie Rothenberger

College Estates Park

One Pro Singer, CarrieATune.com, One Pro Singer/Dancer and One Pro Accompanist from Jewel Box Children's Audition Theater teach auditioning skills in a friendly environment. This class focuses on teaching singers how to prepare for auditions. Singers will learn how to choose the right music, prepare sheet music, set and maintain or change the temp, move on stage, create a character, and perform with confidence! Class begins with a physical and vocal warm up followed by a Master Class format: students perform, then work individually with instructors. Students learn from observing, while serving as an audience for each performer. Bring a water bottle and wear comfortable clothes. Pre-requisite: Be prepared to sing one memorized solo song and bring two copies of sheet music or instrumental mp3 or mp4.



34065 11-17 Yrs 9/7-10/12 11 a.m.-1 p.m. Sa \$160

## SPORTS

### B-BALLERS HOOPS SCHOOL FUNDAMENTAL BASKETBALL



For those looking to improve and develop to their full potential in order to get to the "next level" of basketball. This class offers intense, high quality training and teamwork experience. Shooting, dribbling, ball handling, passing, and more are refined through advanced drills in a challenging environment. Material fee: \$20. Classes held at Wilson High School, 4400 E. 10th St., Long Beach.

B-Ballers Hoops School

Wilson High School Gym

33611	13-17 Yrs	9/8-9/29	4-5 p.m.	Su	\$65
33612	13-17 Yrs	10/6-10/27	4-5 p.m.	Su	\$65
33613	13-17 Yrs	11/3-11/24	4-5 p.m.	Su	\$65

### TGA PREMIER VOLLEYBALL



Whether new to the game or an avid player, TGA makes it convenient and fun to learn or improve your skills. Certified instructors coach students in station-based drills and games that help develop fundamental skills of serving, passing, setting, blocking and spiking while promoting life lessons such as sportsmanship and leadership. Material fee \$7.

TGA Premier Sports

Pan American Park

33620	13-17 Yrs	9/8-9/29	4:30-5:30 p.m.	Su	\$65
33621	13-17 Yrs	10/6-10/27	4:30-5:30 p.m.	Su	\$65
33622	13-17 Yrs	11/3-11/24	4:30-5:30 p.m.	Su	\$65



# ADULT CLASSES

## ADAPTIVE RECREATION

### SPECIAL OLYMPICS "TOP FLIGHT ON ICE"

Pre registration required. This class is specifically designed for the Special Needs Community. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Class held at The Rinks Lakewood, 3975 Pixie Ave., Lakewood.

Ice Management LLC		The Rinks Lakewood Ice	
33847	12 Yrs+ 8/28-9/18	6:10-6:40 p.m.	W \$50
33848	12 Yrs+ 8/31-9/21	9:45-10:15 a.m.	Sa \$50
33849	12 Yrs+ 9/25-10/16	6:10-6:40 p.m.	W \$50
33850	12 Yrs+ 9/28-10/19	9:45-10:15 a.m.	Sa \$50
33851	12 Yrs+ 10/23-11/13	6:10-6:40 p.m.	W \$50
33852	12 Yrs+ 10/26-11/16	9:45-10:15 a.m.	Sa \$50

## ART AND CULTURAL

### ALL MEDIA WORKSHOP NEW

Join our vibrant community of fellow artists in instructor guided open studio sessions. We strive to foster creativity in an atmosphere of conversation and encouragement. Bring your projects, art supplies, and tools. All medias welcome. Walk in fee available.

Anita Sinclair		Bixby Park	
34115	16 Yrs+ 9/5-9/26	6-9 p.m.	Th \$30
34116	16 Yrs+ 10/3-10/24	6-9 p.m.	Th \$30
34117	16 Yrs+ 11/7-11/21	6-9 p.m.	Th \$30



### AMAZING ART

Never painted before? Amaze yourself. Bring a 8x10 color picture and a 8x10 black and white paper copy of the same picture that you would like to paint. Learn the tricks of acrylic painting. All materials are supplied. Have fun while learning. Adults and child welcome, make it a family outing! Material fee: \$20. \*No class 10/31.

Mary Crowder		Heartwell Park	
33717	10 Yrs+ 9/5-9/26	7-9 p.m.	Th \$45
33718	10 Yrs+ 10/24-11/21*	7-9 p.m.	Th \$45

### ARTIST WALK-IN

Come join other artists. All medias welcomed. Bring your own art supplies. Share tips with other artists. Fun, enthusiasm, and encouragement. Fee per person, per class. \*No class: 10/31.

Mary Crowder		Heartwell Park	
33720	10 Yrs+ 9/5-9/26	7-9 p.m.	Th \$5
33721	10 Yrs+ 10/24-11/21*	7-9 p.m.	Th \$5

Mary Crowder		College Estates Park	
33723	10 Yrs+ 9/3-9/24	10 a.m.-1 p.m.	Tu \$5
33724	10 Yrs+ 10/1-10/29	10 a.m.-1 p.m.	Tu \$5
33725	10 Yrs+ 11/5-11/26	10 a.m.-1 p.m.	Tu \$5

### BEGINNING DIGITAL PHOTOGRAPHY

A great class for owners of digital cameras with adjustable aperture and shutter. You'll learn about focusing, exposure, white balance, ISO, and lenses to make better photographs of your favorite subjects. Also learn about megapixels, memory cards, jpeg and raw files. Bring camera and owner's manual. Saturday field session: October 5th 9:30 a.m. to 11:30 a.m. Material fee: \$5.

Craig Fucile		El Dorado Park West	
33764	16 Yrs+ 9/9-10/14	7-9 p.m.	M \$65

### BEGINNING SEWING - THE APRON

Make an apron and optional oven mitten while learning skills such as machine use and maintenance, cutting, following pattern instructions and basic sewing techniques. Learn about textiles, sewing tools and equipment. Class fee includes the pattern and use of sewing machine. No prior sewing experience needed. Please visit [www.sewvacitd.com](http://www.sewvacitd.com) for supply list. Students 16-17 years old must be accompanied by an enrolled adult. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. \*No class: 9/14, 10/12, 11/18 & 11/21.

Sew Vac Inc		Sew Vac Limited	
33986	18 Yrs+ 9/7-10/19*	2-4:30 p.m.	Sa \$59
33987	18 Yrs+ 9/12-10/10	6:30-9 p.m.	Th \$59
33994	18 Yrs+ 11/4-11/25*	6:30-9 p.m.	M Th \$59

### BEGINNING SEWING - THE TOTE BAG

Make a roomy zippered tote bag with lots of pockets while learning sewing skills such as rotary cutting, using a sewing machine, zipper insertion, seam finishing and pressing. Fee includes pattern and use of a sewing machine. Please visit [www.sewvacitd.com](http://www.sewvacitd.com) for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach.

Sew Vac Inc		Sew Vac Limited	
33988	18 Yrs+ 9/6-10/11	2-5 p.m.	F \$69

### BEYOND BEGINNING SEWING

This class is designed for students with basic sewing skills and experience following a pattern. Students will make a tunic top, unisex adult or children's pajama bottoms, skirt or kimono robe while learning additional skills such as inserting sleeves, seam finishing and attaching facings. Fee includes pattern and use of sewing machine. Please visit [www.sewvacitd.com](http://www.sewvacitd.com) for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. \*No class: 11/1.

Sew Vac Inc		Sew Vac Limited	
33989	18 Yrs+ 10/18-11/8*	2-5 p.m.	F \$45

### CERAMICS WORKSHOP

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: \$27.

Anita Sinclair		Bixby Park	
34051	18 Yrs+ 9/1-10/20	1:30-4:30 p.m.	Su \$55
34049	18 Yrs+ 9/2-10/21	9 a.m.-noon	M \$55
34045	18 Yrs+ 9/4-10/23	6-9 p.m.	W \$55
34052	18 Yrs+ 10/27-11/17	1:30-4:30 p.m.	Su \$30
34050	18 Yrs+ 10/28-11/18	9 a.m.-noon	M \$30
34046	18 Yrs+ 10/30-11/20	6-9 p.m.	W \$30
Anita Sinclair		DeForest Park	
34047	18 Yrs+ 9/3-10/22	6-9 p.m.	Tu \$55
34048	18 Yrs+ 10/29-11/19	6-9 p.m.	Tu \$30

## Adult Classes continued

### DRAWING FUNDAMENTALS

Yes. You CAN learn to draw. Drawing is a skill that everyone can learn with practice. In this course, you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more.

Anita Sinclair				Bixby Park
34053	18 Yrs+	9/2-10/21	12:30-3:30 p.m.	M \$55
34054	18 Yrs+	10/28-11/18	12:30-3:30 p.m.	M \$30

### FAST QUILT

Come join the fun! Our Fast Quilt class consists of making quilts with a sewing machine. You can do your own thing or do the class project. This class is suitable for the beginner or more advanced quilters. Material list at first class. You will need a sewing machine in good working condition.

Sandra Szladek				Wardlow Park
34002	16 Yrs+	9/4-10/9	6:30-9 p.m.	W \$33
34003	16 Yrs+	10/16-11/20	6:30-9 p.m.	W \$33

### KNITTING & CROCHET - BEGINNING AND BEYOND

Beginning or beyond, simple or spectacular. Learn or continue to knit or crochet in a welcoming and relaxed atmosphere. You will be delighted and inspired by all of the options waiting for you in the world of yarn. You can choose to advance current skills to take your knitting/crochet to the next level. Material fee: \$20-\$30. Class held at Alamitos Bay Yarn Company, 174 Marina Dr., Long Beach.

Sandra Carter				Los Alamitos Bay Yarn Company
33671	18 Yrs+	9/3-9/24	6-7:30 p.m.	Tu \$55
33673	18 Yrs+	10/29-11/19	6-7:30 p.m.	Tu \$55

### NUTS & BOLTS OF QUILTING

Learn to quilt (or improve your quilting skills) by making a wall hanging or table runner. The skills you will learn include: rotary cutting, piecing, sandwiching and binding a quilt, and elementary machine quilting which will provide the foundation for all types of quilting. No prior sewing experience is required. Fee includes instructions and use of a sewing machine. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. \*No class: 10/9.

Sew Vac Inc				Sew Vac Limited
33990	18 Yrs+	9/11-10/23	6-9 p.m.	W \$69

### OIL PAINTING

Representational oil painting of still life arrangements and landscapes from observation. All skill levels welcome. In this class we will focus on techniques, skill building, color mixing, composition and conceptual skills.

Anita Sinclair				Bixby Park
34055	18 Yrs+	9/1-10/20	10 a.m.-1 p.m.	Su \$55
34056	18 Yrs+	10/27-11/17	10 a.m.-1 p.m.	Su \$30

### PALETTE UP! **NEW**

Indulge your inner muse in a one-class watercolor session with our accomplished instructor. Curious newcomers and seasoned creators will face suitable challenges and finish a masterpiece of their own! Each class features a unique project, painting fundamentals, and options for customizing with advanced techniques. Paired with refreshments for ideal relaxing and creative atmosphere! Material fee: \$3.

Art Innovators				Los Alamitos Community Center
34405	13 Yrs+	9/14-9/14	12:30-2 p.m.	Sa \$25
34406	13 Yrs+	10/12-10/12	12:30-2 p.m.	Sa \$25
34407	13 Yrs+	11/16-11/16	12:30-2 p.m.	Sa \$25

### PORTRAIT WORKSHOP

Come draw or paint live models with our national award winning artist instructor, Ying Liu. Bring the medium of your choice: pencil (with drawing board), charcoal, pastel, oil, watercolor or acrylic. Simple easels and drawing horses are available for use. Demonstrations and instruction are provided upon request. \$5 model fee payable to instructor each class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Ying Liu				Los Alamitos Community Center
33800	16 Yrs+	9/21-11/9	9 a.m.-noon	Sa \$89

### SEWING MACHINE BOOT CAMP

Do you have a sewing machine you don't know how to use or are afraid to use? Learn how to use and maintain it and find out what all the knobs, buttons and accessories do. Please visit: [www.sewvac-ltd.com](http://www.sewvac-ltd.com) to download the supply list. No toy machines or sergers. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach.

Sew Vac Inc				Sew Vac Limited
33991	18 Yrs+	9/16-9/16	6-9 p.m.	M \$30
33992	18 Yrs+	10/15-10/15	6-9 p.m.	Tu \$30
33993	18 Yrs+	11/23-11/23	1:30-4:30 p.m.	Sa \$30

### TRANSFORMING YOUR PHOTO INTO A BEAUTIFUL PAINTING

Have you ever wanted to create a painting from your photos - from a trip or of your family/friends? Students will observe and participate in the process of creating a painting from photos. The instructor will demonstrate how a painting is developed primarily in oil, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Ying Liu				Los Alamitos Community Center
33801	16 Yrs+	9/25-10/23	6:30-9:30 p.m.	W \$94

### WATERCOLOR! PURE & SIMPLE

Explore innovative watercolor techniques to create rich colors and dynamic paintings. Progressive projects include flat wash, gradients, wet-into-wet, dry brush, salt wash, masking, textures and transfers. For all levels; beginners welcome! Optional \$25 material fee for complete supply kit and book, payable in cash at first meeting.

Maira Hahn				El Dorado Park West
33786	18 Yrs+	9/1-10/6	10 a.m.-noon	Su \$75
33787	18 Yrs+	10/13-11/17	10 a.m.-noon	Su \$75

## CAREER ENRICHMENT

### VOICE OVERS - NOW IS YOUR TIME!

You've heard Bridget Renshaw on TV! (Samsung commercials, Spanish Telenovela translations, etc.) Now hear Bridget live as she illustrates how you could actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices like never before.

Such A Voice				El Dorado Park West
34001	18 Yrs+	11/25-11/25	6:30-8:30 p.m.	M \$45

## DANCE

### 2 STEP & SWING

Grab your boots and partner. Come learn the latest country dance patterns. You'll also do the East Coast swing in this class. No partner or experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter				Weingart Senior Center
33551	18 Yrs+	9/18-10/23	7-8 p.m.	W \$36
33555	18 Yrs+	10/30-11/20	7-8 p.m.	W \$24

## Adult Classes continued

### 80'S DANCE WORKOUT! NEW

Can you feel it? Bust out the leg warmers, sweatbands, and neon and let's get physical! A jazzy way to go old school while burning the calories to your favorite 80's hits! Class held at Marina Community Center, 151 Marina Dr., Seal Beach. \*No class: 11/27.

Anne Pennypacker		Marina Community Center			
34112	18 Yrs+	8/28-9/18	6:30-7:15 p.m.	W	\$57
34113	18 Yrs+	9/25-10/23	6:30-7:15 p.m.	W	\$67
34114	18 Yrs+	10/30-12/4*	6:30-7:15 p.m.	W	\$67

### ADULT TAP



An amazing workout and fun at the same time! This class is for those who have wanted to tap or have had tap dancing before. Explore various styles of tap in fun routines. Marina Community Center, 151 Marina Dr., Seal Beach. \*No class: 11/28.

Anne Pennypacker		Marina Community Center			
34107	18 Yrs+	8/22-9/12	7-7:45 p.m.	Th	\$57
34109	18 Yrs+	9/26-10/24	7-7:45 p.m.	Th	\$67
34110	18 Yrs+	11/7-12/5*	7-7:45 p.m.	Th	\$57

### ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class.

Mildred Caudillo		El Dorado Park West			
33674	18 Yrs+	9/6-9/27	10-11:15 a.m.	F	\$10
33675	18 Yrs+	10/4-10/25	10-11:15 a.m.	F	\$10
33676	18 Yrs+	11/1-11/22	10-11:15 a.m.	F	\$10

### ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class.

Mildred Caudillo		Wardlow Park			
33677	18 Yrs+	9/6-9/27	6:45-8:30 p.m.	F	\$10
33678	18 Yrs+	10/4-10/25	6:45-8:30 p.m.	F	\$10
33679	18 Yrs+	11/1-11/22	6:45-8:30 p.m.	F	\$10

### BELLY DANCE

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. The beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m.

Fahtiem		Wardlow Park			
33752	14 Yrs+	9/9-10/7	6:15-7:15 p.m.	M	\$39
33754	14 Yrs+	9/9-10/7	7:30-8:30 p.m.	M	\$39
33756	14 Yrs+	9/9-10/7	8:45-9:45 p.m.	M	\$39
33753	14 Yrs+	10/21-11/18	6:15-7:15 p.m.	M	\$39
33755	14 Yrs+	10/21-11/18	7:30-8:30 p.m.	M	\$39
33757	14 Yrs+	10/21-11/18	8:45-9:45 p.m.	M	\$39

### LINE DANCING



Line dancing to all types of music is fun to do at clubs, parties, everywhere. Learn new routines each week. A fun workout. Come with a friend. No experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter		Weingart Senior Center			
33552	18 Yrs+	9/18-10/23	6-7 p.m.	W	\$36
33556	18 Yrs+	10/30-11/20	6-7 p.m.	W	\$24

### WEST COAST SWING, NIGHTCLUB & MORE!

This class will get you and your partner dancing swinging styles of rhythm dances from the West coast to the East coast! With fun music from blues to big band, to popular fast music of today, you will be a star on all the dance floors! Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker		Marina Community Center			
34108	18 Yrs+	8/28-9/18	7:15-8 p.m.	W	\$57
34111	18 Yrs+	9/25-10/23	7:15-8 p.m.	W	\$67

### DOG TRAINING

#### BEGINNING DOG OBEDIENCE

Help your dog develop respect for you and become a reliable, well-mannered member of your family without the use of food in your training. All breeds, 5 months and older (large breeds 4 months), may enroll. AKC Novice obedience exercises and discussion on correcting behavior problems such as destructive chewing, jumping up, digging, etc. Trophies and certificates awarded at graduation. First meeting WITHOUT dogs. Bring shot records, lawn chair, \$10 material fee (includes training manual). Visit [www.DogClassInfo.com](http://www.DogClassInfo.com) or call (714)532-3647 if you have any questions. Tuesday class held at San Martin Park, 5231 Ocana Ave., Lakewood. \*No class: 10/31.

Dog Services Unlimited		El Dorado Park West Roller Hockey Court			
33747	10 Yrs+	9/26-11/14*	7:45-8:45 p.m.	Th	\$98
Dog Services Unlimited		San Martin Park			
33748	10 Yrs+	10/1-11/12	7-8 p.m.	Tu	\$98



#### DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

Help your dog become a well-behaved family member without the use of fear or intimidation (no choke chains/prong collars). Learn a variety of real-life rewards and consequences and how to decrease rewards as behaviors are learned. Class covers foundation behaviors, basic commands used in real-life, and more! Dogs four months and older with current vaccines. Contact (714)821-6622 or [crossroadspetresort.com](http://crossroadspetresort.com) for more information. Material fee: \$10.

Crossroads Country Club Pet Resort		Marina Vista Park			
33713	10 Yrs+	9/14-10/12	9:30-10:30 a.m.	Sa	\$95
33714	10 Yrs+	10/26-11/23	9:30-10:30 a.m.	Sa	\$95

#### DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. For more information: (714)821-6622 or [crossroadspetresort.com](http://crossroadspetresort.com). Material fee: \$10.

Crossroads Country Club Pet Resort		Marina Vista Park			
33715	10 Yrs+	9/14-10/12	10:30-11:30 a.m.	Sa	\$95
33716	10 Yrs+	10/26-11/23	10:30-11:30 a.m.	Sa	\$95



## DOG MANNERS - "CRASH COURSE"



Accomplish your dog training goals and correct behavior problems in just four 75 minute lessons! Please pre-register so instructor can brief you before the first meeting. Obedience commands include: heel on leash, sit and down on command, stay with distractions, and come when called. Bring \$5 insurance fee and shot records. Questions? Call Dog Services:

(714)532-3647 or visit [www.DogClassInfo.com](http://www.DogClassInfo.com). Saturday class held at El Dorado Park Hockey Court. Thursday class held at Laurel Park Tennis Court, 4041 Katella Ave., Los Alamitos. Material fee: \$5.  
 Dog Services Unlimited El Dorado Park West Roller Hockey Court  
 33749 10 Yrs+ 10/19-11/9 1:15-2:30 p.m. Sa \$86  
 Dog Services Unlimited Laurel Park  
 33750 10 Yrs+ 9/12-10/3 6-7:15 p.m. Th \$86

## PUPPY KINDERGARTEN

Start your new puppy out on the right paw! Pups ages 2-5 months will learn socialization and basic commands (sit, stay, come, and walk nicely on a leash). Includes help with puppy behavior problems (chewing/teething, housebreaking, jumping, etc.). First meeting WITHOUT puppies. Bring lawn chair and current shot records. For more information please visit: [www.DogClassInfo.com](http://www.DogClassInfo.com) or call (714)532-3647. Material fee: \$10.

Dog Services Unlimited El Dorado Park West Roller Hockey Court  
 33751 10 Yrs+ 10/12-11/16 noon-1 p.m. Sa \$88

## ENRICHMENT

### FASHION MAKEUP - CLASSIC TO GLAMOUR



Part One: "Creating the Classic Face" is designed for beginners. Learn the fundamentals of fashion makeup while creating the "Classic Face", a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush, and more. Part Two: "Creating the Glamorous Face" Learn how to transform the "Classic Face" into the "Glamorous Face" for

those special events. Techniques taught include; Smokey Eyes, Highlighting, Contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: [rbnimis@yahoo.com](mailto:rbnimis@yahoo.com).

Rodolfo Nimis Heartwell Park  
 33931 16 Yrs+ 9/29-9/29 12-4 p.m. Su \$75  
 33932 16 Yrs+ 10/13-10/13 12-4 p.m. Su \$75  
 33933 16 Yrs+ 11/17-11/17 12-4 p.m. Su \$75

## FITNESS

### 40-30-20 INTERVAL TRAINING

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become lean, agile, strong, toned during 40, 30, and 20 second Tabata Boot Camp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available. \*No class: 11/4.

Tami Santy Recreation Park  
 33963 16 Yrs+ 9/9-10/14 6-6:45 p.m. M \$66  
 33964 16 Yrs+ 10/21-11/25\* 6-6:45 p.m. M \$55

## AEROBICS LITE

Great for starters! Great if you're getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Walk in fee available.

Tracey Wiltse Recreation Park  
 34016 18 Yrs+ 9/4-9/30 8:30-9:30 a.m. M W F \$35  
 34017 18 Yrs+ 10/2-10/30 8:30-9:30 a.m. M W F \$35  
 34018 18 Yrs+ 11/1-11/27 8:30-9:30 a.m. M W F \$35

## AFFIRMATIONS & HATHA YOGA



Hatha yoga is a gentle, yet complete system of health and fitness that helps us attain optimum wellness and vitality. It includes deep breathing techniques, stretching exercise, positive affirmations and ending with a complete relaxation oneness with the body, mind and spirit.

Irene Holsters El Dorado Park West  
 33789 18 Yrs+ 10/21-11/25 6:45-8 p.m. M \$60  
 33791 18 Yrs+ 10/23-11/27 6:45-8 p.m. W \$60

## B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned with the perfect combination of strength, cardio and agility/sports movements. Body-weight exercises and fitness toys make this class fun and effective. All levels welcome. Bring dumbbells, resistance tube and mat. Walk in fee available.

Tami Santy El Dorado Park West  
 33967 16 Yrs+ 9/3-9/24 6-7 p.m. Tu \$44  
 33968 16 Yrs+ 10/1-10/22 6-7 p.m. Tu \$44  
 33969 16 Yrs+ 11/5-11/26 6-7 p.m. Tu \$44

## CAPOEIRA NEW

Frequently called the Art of Deception, Capoeira is a dynamic hybrid that combines martial arts, music, dance and acrobatics. Participants increase flexibility, balance and stamina during this total body workout. Please wear loose fitting clothing (no shorts) and prepare to train with bare feet. Class held at The Centre, 5000 Clark Ave., Lakewood.

Courtney Claverie The Centre  
 34409 12 Yrs+ 9/3-9/26 8-9:15 p.m. Tu Th \$80  
 34410 12 Yrs+ 10/8-10/29 8-9:15 p.m. Tu Th \$70  
 34411 12 Yrs+ 11/5-11/26 8-9:15 p.m. Tu Th \$70

## DYNAMIC HATHA YOGA FOR HEALTH & WELLNESS

Dr. Arnette combines many styles of yoga for an enlivening and healing practice of yoga. His blend of ansana, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Come practice with us. Please bring an able body, mat, strap, blanket and blocks. Walk in fee available.

David Allen Arnette Whaley Park  
 33626 16 Yrs+ 9/3-9/26 6-7:30 p.m. Tu Th \$76  
 33629 16 Yrs+ 9/3-9/24 6-7:30 p.m. Tu \$44  
 33632 16 Yrs+ 9/5-9/26 6-7:30 p.m. Th \$44  
 33627 16 Yrs+ 10/1-10/29 6-7:30 p.m. Tu Th \$86  
 33630 16 Yrs+ 10/1-10/29 6-7:30 p.m. Tu \$55  
 33633 16 Yrs+ 10/3-10/24 6-7:30 p.m. Th \$44  
 33628 16 Yrs+ 11/5-11/26 6-7:30 p.m. Tu Th \$67  
 33631 16 Yrs+ 11/5-11/26 6-7:30 p.m. Tu \$44  
 33634 16 Yrs+ 11/7-11/21 6-7:30 p.m. Th \$33



## Adult Classes continued

### CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

CSI-Low Impact Aerobics says it all with a bit of Latin flavor! Increase cardio endurance, build core strength plus balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat, water and weights. Walk-in fee available.

Marilynn Bodnar		El Dorado Park West	
33656	12 Yrs+ 9/4-9/30	5:30-6:30 p.m.	M W \$25
33657	12 Yrs+ 10/2-10/30	5:30-6:30 p.m.	M W \$25
33658	12 Yrs+ 11/4-11/27	5:30-6:30 p.m.	M W \$25

### FUSION PILATES CONDITIONING

A wonderful mix of mindful pilates, classical yoga and therapeutic stretching that makes this class unique. This class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. For more information please visit: [www.evelyngrauten.com](http://www.evelyngrauten.com). Walk in fee available. \*No class: 9/18 & 9/20.

Evelyn Grauten		Recreation Park	
33769	18 Yrs+ 9/4-9/27*	9:45-10:45 a.m.	W F \$54
33770	18 Yrs+ 10/2-10/18	9:45-10:45 a.m.	W F \$54
33771	18 Yrs+ 10/23-11/8	9:45-10:45 a.m.	W F \$54
33772	18 Yrs+ 11/13-11/27	9:45-10:45 a.m.	W F \$45

### HATHA FLOW YOGA - USING A CHAIR AS A PROP

Yoga postures are made available to everyone when using a chair as a prop. A prop is a tool used in the practice of yoga to create optimal body alignment, and make specific actions or poses accessible to those who may not otherwise be able to perform the posture due to physical limitations or fatigue. This approach to the modern practice of yoga offers the student a full practice without the effort of getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee is available.

David Allen Arnette		Whaley Park	
33635	16 Yrs+ 9/3-9/26	11 a.m.-12:30 p.m.	Tu Th \$76
33638	16 Yrs+ 9/3-9/24	11 a.m.-12:30 p.m.	Tu \$44
33641	16 Yrs+ 9/5-9/26	11 a.m.-12:30 p.m.	Th \$44
33636	16 Yrs+ 10/1-10/29	11 a.m.-12:30 p.m.	Tu Th \$86
33639	16 Yrs+ 10/1-10/29	11 a.m.-12:30 p.m.	Tu \$55
33642	16 Yrs+ 10/3-10/24	11 a.m.-12:30 p.m.	Th \$44
33637	16 Yrs+ 11/5-11/26	11 a.m.-12:30 p.m.	Tu Th \$67
33640	16 Yrs+ 11/5-11/26	11 a.m.-12:30 p.m.	Tu \$44
33643	16 Yrs+ 11/7-11/21	11 a.m.-12:30 p.m.	Th \$33



### KUNDALINI YOGA & MEDITATION

Kundalini yoga and meditation is a process of self discovery. You will learn skills to gain a strong nervous system, immune system, vital glands and good circulation. The meditations guide your awareness to create new mental, emotional and attitudinal patterns. With regular practice you will gain the tremendous benefits of vitality of body and clarity of mind. Walk in fee available.

Seventh Chakra Yoga		El Dorado Nature Center	
33973	18 Yrs+ 9/1-9/29	11 a.m.-12:30 p.m.	Su \$75
33974	18 Yrs+ 10/6-10/27	11 a.m.-12:30 p.m.	Su \$60
33975	18 Yrs+ 11/3-11/24	11 a.m.-12:30 p.m.	Su \$60

### PILATES BARRE FITNESS

This is a unique form of fitness. Enjoy a series of core, leg, and arm strengthening exercises using various pilates equipment, provided by instructor. A portable balance barre, also provided, will help to improve your stability. For more information visit: [www.evelyngrauten.com](http://www.evelyngrauten.com). Walk in fee available.

\*No class: 9/18.

Evelyn Grauten		Recreation Park	
33777	18 Yrs+ 9/4-10/2*	11 a.m.-noon	W \$36
33778	18 Yrs+ 10/9-10/30	11 a.m.-noon	W \$36
33779	18 Yrs+ 11/6-11/27	11 a.m.-noon	W \$36



### POWER BARRE

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds muscle. This method is influenced by classical dance, but is not a dance class. Please visit [www.jgparksmartialarts.com](http://www.jgparksmartialarts.com). Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood.

Master Cynthia Markopulos		U.S. Taekwondo Academy	
33898	13 Yrs+ 9/5-9/30	7:10-8 p.m.	M Th \$65
33899	13 Yrs+ 10/3-10/28	7:10-8 p.m.	M Th \$65
33900	13 Yrs+ 11/4-11/25	7:10-8 p.m.	M Th \$65

Hundreds of classes available online

ed2go Online Classes

at [www.lbparks.org](http://www.lbparks.org)

Classes Start Monthly

- Sept
- 34080
- Oct
- 34081
- Nov
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Teaching with a Smart board  
Speed Spanish Online

\$95 per class

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## Adult Classes continued

### POWER TAE FITNESS

Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, aerobics, boxing and cardio-weight movements done to high energy up beat music. If you like Tae Bo you'll love this class. Please visit [www.jgparks martialarts.com](http://www.jgparks martialarts.com). Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood. \*Class held on Wednesday is from 7:10-8 p.m. and Saturday from 8:30-9:20 a.m.

Master Cynthia Markopulos		U.S. Taekwondo Academy	
33901	13 Yrs+	9/4-9/28	7:10 p.m.-8 p.m. W Sa \$65
33902	13 Yrs+	10/2-10/30	7:10 p.m.-8 p.m. W Sa \$65
33903	13 Yrs+	11/2-11/23	8:30-9:20 a.m. W Sa \$65

### TAI CHI & QIGONG

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. Tai Chi and Qigong helps enhance balance and memory. \*Returning students only on Tuesdays.

Howard Richner		Recreation Park	
33957	18 Yrs+	9/3-10/8	7-8:30 p.m. Tu* \$50
33958	18 Yrs+	10/15-11/19	7-8:30 p.m. Tu* \$50
Howard Richner		Bixby Park	
33961	18 Yrs+	9/7-10/12	9:30-11 a.m. Sa \$50
33959	18 Yrs+	9/12-10/17	7:30-9 p.m. Th \$50
33962	18 Yrs+	10/19-11/23	9:30-11 a.m. Sa \$50
33960	18 Yrs+	11/7-11/21	7:30-9 p.m. Th \$25

### ZUMBA® EN ESPAÑOL



A Zumba class in Spanish! Have fun while you tone up and dance the stress away. Una clase de Zumba en Espanol! Diviértete y mantente saludable. Despidete del estres y disfrutate a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado.

Carmen Valdivia		Silverado Park	
34013	18 Yrs+	9/5-9/26	9-10 a.m. Tu Th \$2
34014	18 Yrs+	10/1-10/31	9-10 a.m. Tu Th \$2
34015	18 Yrs+	11/5-11/26	9-10 a.m. Tu Th \$2

### ZUMBA® ZOMBIE PARTY

Come join the fun! Certified instructors will provide a fun workout for all abilities. Great music and fun dances. Come dance with us! Costumes are welcome. Walk in fee available.

Adrienne Rosenfeld		Long Beach Senior Center	
33567	16 Yrs+	10/26-10/26	12-2 p.m. Sa \$10

## MUSIC

### GUAVA GROOVE UKULELE - BEGINNING



Would you like to learn to play ukulele? If so, this class is for you! It will introduce you to all the basics of ukulele: chords, strumming and songs. Bring your ukulele and tell a friend! Material fee: \$2.

Hoku Bray		Stearns Champions Park	
33662	14 Yrs+	9/5-10/17	6-7 p.m. Th \$75

### GUAVA GROOVE UKULELE - INTERMEDIATE

Are you ready for more than the basics? This class is for you! We will look at more complex progressions and will take a look at tablature. Bring a ukulele. Material fee: \$2.

Hoku Bray		Stearns Champions Park	
33663	14 Yrs+	9/5-10/17	7-8 p.m. Th \$75

### GUITAR - BEGINNER

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

Daniel Howe		Whaley Park	
33794	18 Yrs+	9/4-10/2	7:35-8:35 p.m. W \$65
33795	18 Yrs+	10/9-11/6	7:35-8:35 p.m. W \$65

### GUITAR - INTERMEDIATE

Delve further into the fun of guitar. We will cover complex chords, scales finger-picking and more. Completion of Guitar - Level I or instructor's approval required. Material fee: \$5.

Daniel Howe		Whaley Park	
33796	18 Yrs+	9/4-10/2	8:40-9:40 p.m. W \$65
33797	18 Yrs+	10/9-11/6	8:40-9:40 p.m. W \$65

## SPORTS

### FENCING

An ancient art of noble defense to a modern Olympic sport, fencing can be enjoyed by everyone. Learn the basics of foil fencing (stance, attacks and defenses) and improve your coordination, balance and mental agility. Wear loose clothing and tennis shoes. Pre-registration required. Material fee: \$10 in cash due on first day of class.

Orange Coast Fencing Academy		Whaley Park	
33934	8 Yrs+	8/20-9/10	7:35-9:25 p.m. Tu \$50
33935	8 Yrs+	9/17-10/8	7:35-9:25 p.m. Tu \$50
33936	8 Yrs+	10/22-11/12	7:35-9:25 p.m. Tu \$50



### JUJITSU

Japanese Jujitsu self defense. Students learn escapes, throws, locks, and holds to control a larger opponent from one-on-one instruction with 40 years of self defense experience. Class is for beginners and advanced students. New students start first Monday or Wednesday of each month. [www.LakewoodBudoKai.com](http://www.LakewoodBudoKai.com).

Russell Kelley		Stearns Champions Park	
33871	13 Yrs+	9/4-9/30	6:30-7:30 p.m. M W F \$45
33872	13 Yrs+	10/2-10/30	6:30-7:30 p.m. M W F \$45
33873	13 Yrs+	11/4-11/25	6:30-7:30 p.m. M W F \$45

### KARATE

Okinawan Shorin Ryu Karate; learn blocks, punches, strikes, and kicks to defend against an attack from one-on-one instruction with 40 years of self-defense. Class is for beginners and advanced students. New students start first Monday or Wednesday of each month. [www.LakewoodBudoKai.com](http://www.LakewoodBudoKai.com).

Russell Kelley		Stearns Champions Park	
33874	13 Yrs+	9/4-9/30	7:30-8:30 p.m. M W F \$45
33875	13 Yrs+	10/2-10/30	7:30-8:30 p.m. M W F \$45
33876	13 Yrs+	11/4-11/25	7:30-8:30 p.m. M W F \$45

## Adult Classes continued

### KARATE

Japanese Karate retains all the traditions of this ancient art. The philosophy and rules of karate will help develop a better form of discipline and respect. Consistent training helps students become stronger and develop confidence. Karate will teach students the customs and courtesies of Japanese culture.



Jony Martinez			Cesar Chavez Park		
33928	12 Yrs+	9/4-9/30	7:15-8:30 p.m.	M W F	\$75
33929	12 Yrs+	10/2-10/30	7:15-8:30 p.m.	M W F	\$75
33930	12 Yrs+	11/4-11/27	7:15-8:30 p.m.	M W F	\$75

### MIXED MARTIAL ARTS

Come train in Muay Thai kickboxing, wrestling, and Brazilian Jiu Jitsu while getting in shape and getting safe! Visit us on Instagram: School of Self Defense. Uniforms are available for \$35, shin guards and gloves available for \$20 each. Testing fee is \$40. \*No class: 11/28 & 11/29.

Michael J. Rice			El Dorado Park West		
33948	18 Yrs+	9/5-9/27	8-9 p.m.	Th F	\$50
33949	18 Yrs+	10/3-10/31	8-9 p.m.	Th F	\$50
33950	18 Yrs+	11/1-11/22*	8-9 p.m.	Th F	\$50

### NEVER TOO LATE TO ICE SKATE

Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood.

Ice Management LLC			The Rinks Lakewood Ice		
33841	15 Yrs+	8/28-9/18	6:40-7:10 p.m.	W	\$50
33842	15 Yrs+	8/31-9/21	10:15-10:45 a.m.	Sa	\$50
33843	15 Yrs+	9/25-10/16	6:40-7:10 p.m.	W	\$50
33844	15 Yrs+	9/28-10/19	10:15-10:45 a.m.	Sa	\$50
33845	15 Yrs+	10/23-11/13	6:40-7:10 p.m.	W	\$50
33846	15 Yrs+	10/26-11/16	10:15-10:45 a.m.	Sa	\$50

### SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial arts of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). \*No class: 11/29.

Antonio Silva			Bixby Park		
33998	18 Yrs+	9/6-9/28	7-8 p.m.	F Sa	\$50
33999	18 Yrs+	10/4-10/26	7-8 p.m.	F Sa	\$50
34000	18 Yrs+	11/1-11/30*	7-8 p.m.	F Sa	\$50

Your dog is welcome at 10 park facilities throughout the city. Hours vary by park.

Please visit our website for rules, regulations and more information at:  
[www.lbarks.org](http://www.lbarks.org).



**Bixby Dog Park • Coolidge Dog Park**  
**El Dorado Dog Park • Gayle Carter Dog Park**  
**Jackson Street Dog Park • K-9 Corner Dog Park**  
**Recreation Dog Park • Rosie's Dog Beach**  
**Seaside Dog Zone Park • Wrigley Heights Dog Park**

## FREE Household Hazardous Waste & E-Waste Disposal Event

### HOUSEHOLD HAZARDOUS WASTE OF THE MONTH

Long Beach Solid Waste and Transfer Center  
 1000 California Ave.  
 Long Beach, CA 90755

### Accepted Items:

- E-Waste
- Paint
- Used Motor Oil & Filters
- Cleaners
- Pharmaceuticals
- Batteries
- Fluorescent Bulbs
- Pesticides
- Sharps
- Tires



For more details and a full list of accepted items,

visit: [LongBeach.gov/LBrecycles](http://LongBeach.gov/LBrecycles)





# ADULT 50+ CLASSES

## DANCE

### ADVANCED ROUND DANCE

Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class.

Daniel Finch		Long Beach Senior Center			
33539	50 Yrs+	9/4-9/25	7-9:30 p.m.	W	\$6
33540	50 Yrs+	10/2-10/30	7-9:30 p.m.	W	\$6
33541	50 Yrs+	11/6-11/27	7-9:30 p.m.	W	\$6

### BALLROOM DANCE

Beginning to intermediate ballroom dance instruction. Dance is fun, social and healthy. No partner need, changes partners or not. A new dance is taught at the beginning of each month selected by the students. Best time to start is at the beginning of the month. Bring a smile and your dance shoes. Fee per person, per class.

Candis Davis		Long Beach Senior Center			
33575	50 Yrs+	9/3-9/24	1-2 p.m.	Tu	\$5
33576	50 Yrs+	10/1-10/29	1-2 p.m.	Tu	\$5
33577	50 Yrs+	11/5-11/26	1-2 p.m.	Tu	\$5
Candis Davis		El Dorado Park West			
33578	50 Yrs+	9/4-9/25	10:30-11:30 a.m.	W	\$5
33579	50 Yrs+	10/2-10/30	10:30-11:30 a.m.	W	\$5
33580	50 Yrs+	11/6-11/27	10:30-11:30 a.m.	W	\$5

### ROUND DANCE - INTERMEDIATE-ADVANCED

Class consists of clinic on figures and choreography followed by cued round dances. Monday - Advanced, Tuesday - transition to Advanced, 2nd Saturday - Advanced. Fee per person, per class.

Edward Patrick		Long Beach Senior Center			
33545	50 Yrs+	9/3-9/24	7-9:30 p.m.	Tu	\$5
33548	50 Yrs+	9/9-9/30	7-9:30 p.m.	M	\$5
33542	50 Yrs+	9/14-9/14	11 a.m.-3:30 p.m.	Sa	\$5
33546	50 Yrs+	10/1-10/29	7-9:30 p.m.	Tu	\$5
33549	50 Yrs+	10/7-10/28	7-9:30 p.m.	M	\$5
33543	50 Yrs+	10/12-10/12	11 a.m.-3:30 p.m.	Sa	\$5
33547	50 Yrs+	11/5-11/26	7-9:30 p.m.	Tu	\$5
33550	50 Yrs+	11/4-11/25	7-9:30 p.m.	M	\$5
33544	50 Yrs+	11/9-11/9	11 a.m.-3:30 p.m.	Sa	\$5

### SENIOR LINE DANCING

Have fun learning new dances. Great exercise dancing to all types of music. No experience needed. Come with a friend. Fee per person, per class.

Janet Karter		El Dorado Park West			
33553	50 Yrs+	9/5-9/26	1-2 p.m.	Th	\$3
33554	50 Yrs+	10/3-10/24	1-2 p.m.	Th	\$3

## FITNESS

### GENTLE YOGA - ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Walk in fee available.

Silvana Behrens		Recreation Park			
33557	50 Yrs+	9/9-10/7	9:45-10:45 a.m.	M	\$50
33558	50 Yrs+	10/21-11/18	9:45-10:45 a.m.	M	\$50

### GENTLE YOGA - LEVEL II

This class focuses on yoga stretches, flow, core and relaxation. Some yoga experience recommended but not required. Bring a yoga mat and a beach towel.

Walk in fee available.

Silvana Behrens		Recreation Park			
33561	50 Yrs+	9/12-10/10	9:45-10:45 a.m.	Th	\$50
33562	50 Yrs+	10/24-11/21	9:45-10:45 a.m.	Th	\$50



### SENIOR FITNESS

Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
33581	50 Yrs+	9/3-9/26	10-11 a.m.	Tu Th	\$4
33582	50 Yrs+	10/1-10/31	10-11 a.m.	Tu Th	\$4
33583	50 Yrs+	11/5-11/26	10-11 a.m.	Tu Th	\$4

### ZUMBA® GOLD

One hour of exercise and dance are good for both your mind and body. There is no wrong way in Zumba Gold - if you are moving and smiling, you nailed it! Walk in fee available.

Adrienne Rosenfeld		Long Beach Senior Center			
33565	50 Yrs+	9/5-9/19	5:30-6:30 p.m.	Th	\$10

### ZUMBA® GOLD

Shake your groove thang, Zumba Gold! A fun, Latin-inspired dance fitness class that incorporates easy to follow dance moves at a lower-intensity. Zumba Gold offers an amazing full body workout that will leave you feeling invigorated! There is no wrong way in Zumba Gold - if you are moving and smiling, you are doing it right. Walk in fee available.

Sabrina Thomas		Long Beach Senior Center			
33569	50 Yrs+	9/7-9/28	11:30 a.m.-12:30 p.m.	Sa	\$10
33570	50 Yrs+	10/5-10/19	11:30 a.m.-12:30 p.m.	Sa	\$10
33571	50 Yrs+	11/2-11/30	11:30 a.m.-12:30 p.m.	Sa	\$10

### ZUMBA® GOLD

A fun Latin inspired fitness program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n' Roll. A safe and effective total body workout that is great for the mind, body and soul. Come dance with me! Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
33584	50 Yrs+	9/6-9/27	9-10 a.m.	F	\$4
33585	50 Yrs+	10/4-10/25	9-10 a.m.	F	\$4
33586	50 Yrs+	11/1-11/22	9-10 a.m.	F	\$4

### ZUMBA® GOLD TONING

Fitness program disguised in a cardio party with weights! See and feel the difference after one class. Bring 2lb weights or purchase zumba toning sticks in class (optional). Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
33587	50 Yrs+	9/4-9/25	9-10 a.m.	W	\$4
33588	50 Yrs+	10/2-10/30	9-10 a.m.	W	\$4
33589	50 Yrs+	11/6-11/27	9-10 a.m.	W	\$4



# Senior Programs 50+



LONG BEACH PARKS, RECREATION AND MARINE INVITES SENIORS OF ALL AGES TO PARTICIPATE IN THE MANY ACTIVITIES AND PROGRAMS OFFERED CITYWIDE AT OUR SIX SENIOR CENTERS. MANY PROGRAMS ARE FREE.



For more information, visit <http://www.longbeach.gov/park/park-and-facilities/directory/long-beach-senior-center/>

## FUN FOR ADULTS 50+



### SENIOR SOFTBALL LEAGUE

Call 562.570.1736 or visit [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach)

Arts  
Cultural experiences  
Dance  
Fitness  
Life-long learning opportunities  
Enrichment  
Health and social services  
Nutrition  
Excursions  
Drop-in events  
Special events  
Volunteerism  
Special interest groups

### SENIOR CENTERS

#### California Recreation Center at McBride Park

1550 Martin Luther King Jr. Ave.  
562.570.1605  
M - F, 9 a.m. - 2 p.m.

#### Cesar E. Chavez Park

401 Golden Ave.  
562.570.8890  
M - F, 9 a.m. - 2 p.m.

#### El Dorado Park West

2800 Studebaker Rd.  
562.570.3227  
M - F, 9 a.m. - 5 p.m.

#### Expo Center

4321 Atlantic Ave.  
562.570.1665  
T - Th, 9 a.m. - 2 p.m.

#### Houghton Park temporarily located at:

**Ramona Park**  
3301 E. 65th St.  
570-1665  
M - F, 9 a.m. - 2 p.m.



#### Long Beach Senior Center

1150 E. 4th Street  
562.570.3500  
M - F, 8 a.m. - 4:30 p.m.  
Sa, 10 a.m. - 4 p.m.

#### Silverado Park

1545 W. 31st Street  
562.570.1675  
M - F, 9 a.m. - 2 p.m.



# ADULT SPORTS LEAGUES

5001 Deukmejian Drive • (562) 570-1725  
Visit: [teamsideline.com/longbeach](http://teamsideline.com/longbeach)

## ADULT BASEBALL

Adult League - 9-18 players.  
Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call (562) 570-1736 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) to register a team or sign up as an individual player. Two umpires per game, game day fees \$70/ team, per game. Limited space per season.



## ADULT BASKETBALL

Register by team at the Sports Office or online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach). Men's and Coed Divisions available. 5-12 players allowed on a team. Team fee: Men's \$300 (10 games), Coed \$232 (8 games). Single elimination playoff games will be scheduled for qualifying teams.

Two officials assigned to each game (\$25/team, per game). Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for more information.

## ADULT KICKBALL

Register by team only at the Sports Office or online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach). 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks.

Team fee: \$325. Call (562) 570-1725 or go online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) to register a team or sign up as an individual player.

## ADULT SOFT BALL

One official assigned, game day fee \$14/team, per game.

### WEEKNIGHT SLOWPITCH LEAGUE MEN'S AND COED

10-16 players in Novice, Intermediate and Advanced Divisions. Ten games plus possible playoffs. Coed leagues-16 player max; Men's and Women's teams 15 player max. Team fee: \$450. Call (562) 570-1734 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for registration information.

### WEEKEND SLOWPITCH LEAGUES - COED ONLY

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call (562) 570-1734 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for more information.

### SOFTBALL - AGES 55 & UP

Saturday team registration at the Sports Office. 12 games. Team fee: \$265. Call (562) 570-1736 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for more information.

## ADULT VOLLEYBALL

Register by team at the Sports Office or at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach). Men's, Women's and Coed Divisions available. 5-12 players allowed on a team.

Team fee: \$340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. \$14/ team, per match.

Individuals interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1725 or visit us at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for more information.

## Long Beach Parks, Recreation & Marine FITNESS ZONES

Leg press • Lower body exercise • Stand up pendulum for abdominal exercise  
Cross country ski machine • Vertical press for arms and legs • Pull down lift for back muscles • Equipment varies by location  
Accessible to those with disabilities

### 14TH STREET PARK

Locust Avenue and  
Palmer Court

### CESAR E CHAVEZ PARK

401 Golden Avenue

### ORIZABA PARK

Orizaba Avenue and  
Spaulding Street

### ADMIRAL KIDD PARK LIFE TRAIL

2125 Santa Fe Avenue

### COOLIDGE PARK

352 E. Neece Street

### DE FOREST PARK

6522 DeForest Avenue

### SHORELINE FITNESS LOOP

160 E Shoreline Drive  
(part of 4.8 mile-loop)

### BIXBY PARK

150 Cherry Avenue

### HOUGHTON PARK

6301 Myrtle Avenue

## IT'S FREE!

Easy to use • Enjoy the outdoors while you workout • Save money, no gym membership  
Exercise with family and friends in a safe, fun environment





# ANIMAL CARE SERVICES

P.O. BOX Pitchford Companion Animal Shelter  
7700 East Spring Street • (562) 570-PETS  
Hours: Wednesday-Friday 10 a.m.-5:30 p.m.  
Saturday and Sunday 10 a.m.-4 p.m.  
24 Hour Emergency Service (562) 570-7387



Animal Related Complaints/Questions: (562) 570-PETS (7387)  
Interested in volunteering? Need to license your cat or dog?  
Need spay or neuter assistance? Looking for your lost pet? Looking  
to adopt? Please visit us at: [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com).

## SPAY/NEUTER CLINICS

Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach residents. Please visit [www.fixlongbeachpets.com](http://www.fixlongbeachpets.com) for information.

## SPAY AND NEUTER VOUCHERS

A limited number of vouchers to assist in the cost of spaying or neutering your pet may be obtained at the shelter during regular business hours. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Please visit [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com) for more information about spay/neuter assistance.

## SPAY AND NEUTER ORDINANCE FOR DOGS & CATS

Effective October 1, 2015, all dogs over six months and cats over four months are required to be spayed or neutered LBMC 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current. For more information on spay/neuter programs and a complete list of exemptions please call (562) 570-7387 or visit our website: [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com).

## DOG TRAINING CLASSES

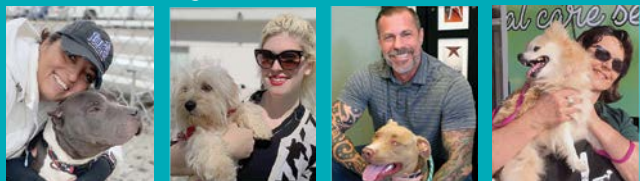
Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be a friend for life. See page 19 and 20 for details.

## LOW COST PET CLINICS

Visit [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com) for dates, times, locations, and fees for Low Cost Pet Vaccination and Micro-chipping Clinics held in Long Beach parks on Saturdays and from 4-6 p.m. on the 1st and 3rd Thursday of the month at Scherer Park. Times, dates and locations are subject to change. Please visit [www.SNPLA.org](http://www.SNPLA.org) for spay/neuter information.

## ADOPT

From Long Beach Animal Care Services



**FOLLOW US ON SOCIAL MEDIA**  
Facebook: [LongBeachAnimalCare](https://www.facebook.com/LongBeachAnimalCare)  
Instagram & Twitter: [@LBAnimalCare](https://www.instagram.com/LBAnimalCare)  
[www.longbeach.gov/acs](http://www.longbeach.gov/acs)



## PET LICENSING BENEFITS

### LICENSING IN LONG BEACH IS MORE THAN JUST A TAG

**FAST TRACK** Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severely injured through the Fast Track licensing program.



**FREE RIDE HOME** Your pet gets a free ride home the first time it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter where it might be exposed to potentially sick animals who have also just arrived.

**EXTENDED STAY** When found, your licensed pet will be cared for by a veterinarian at the Animal Shelter for a longer period of time (up to 10 days rather than six days prior to being put up for adoption).



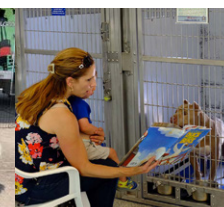
**VACATION PET ALERT** When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.



Explorer Academy



Shelter Volunteer



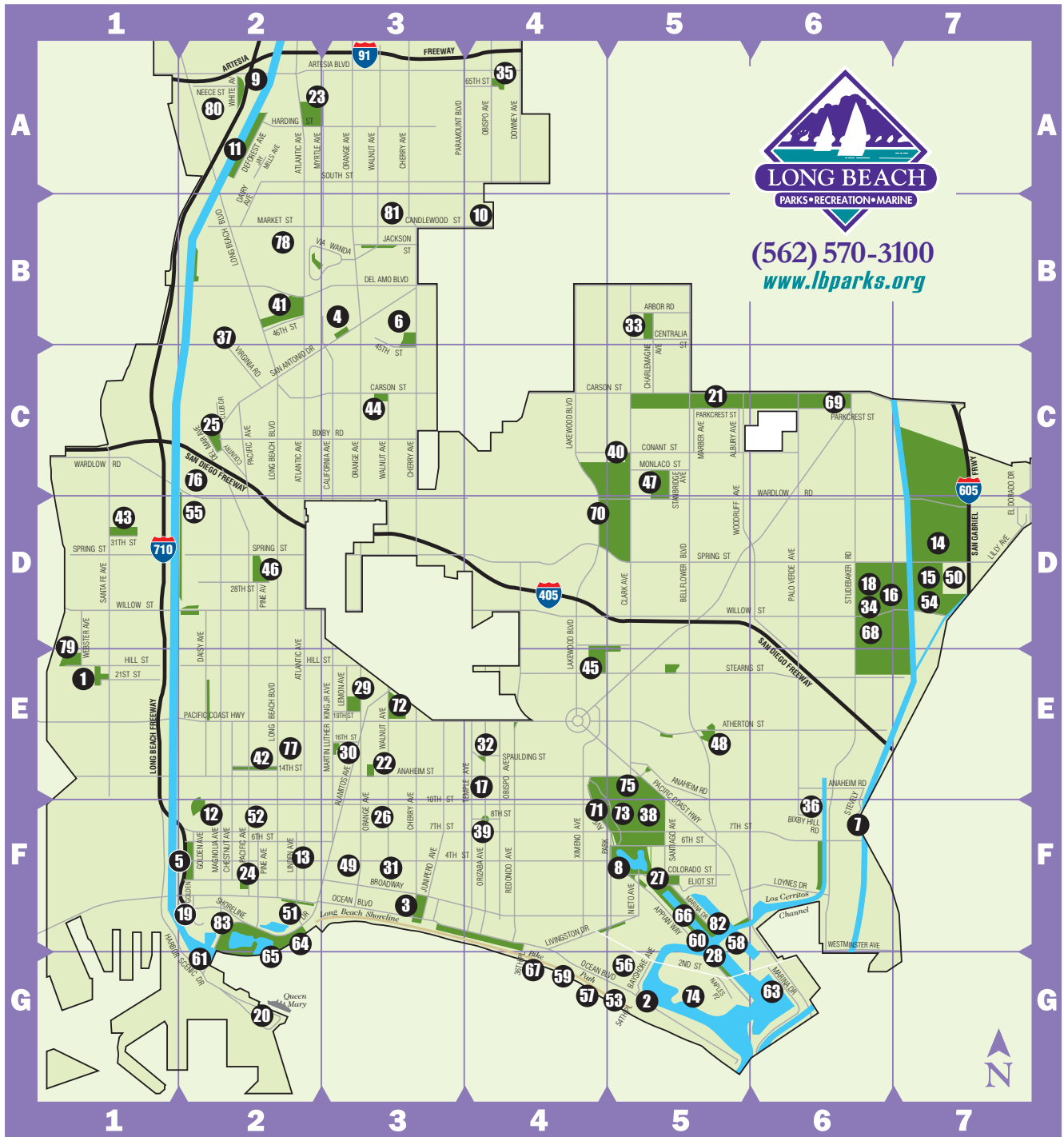
Pet Literacy

volunteer  
ANIMAL CARE SERVICES

Our shelter relies heavily on volunteers.

There are a number of ways you can donate your time at our shelter.

For more info, please visit:  
[www.longbeach.gov/acs](http://www.longbeach.gov/acs)



Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

**AMENITIES:** 1 - BALLFIELD; 2 - BASKETBALL; 3 - TENNIS; 4 - VOLLEYBALL; 5 - CENTER; 6 - PLAYGROUND; 7 - PICNIC AREA; 8 - POOL; 9 - SKATE PARK; 10 - GYM; 11 - ROLLER HOCKEY; 12 - DOG FACILITY; 13 - COMMUNITY GARDENS; 14 - SPORTS COURT; L - LIGHTED; LK - LAKE; R - RESERVABLE COMMUNITY CENTER

#### PARK FACILITIES

<b>1</b> <b>E1</b> Admiral Kidd, 2125 Santa Fe Ave., 570-1600 - 12.88 acres	1L, 2L, 5R, 6, 7, 14	<b>5</b> <b>F2</b> Cesar E. Chavez, 401 Golden Ave., 570-8890 - 33.21 acres	2L, 5, 6, 7
<b>76</b> <b>C2</b> Baker Street, 625 Baker St., 570-3100 - 1.5 acres	6, 7	<b>6</b> <b>B3</b> Cherry, 1901 E. 45th St., 570-1615 - 10.19 acres	1L, 2L, 3L, 5, 6, 7, 11C, 14
<b>2</b> <b>G5</b> Bayshore, 5415 E. Ocean Blvd. - 1.21 acres	2, 4, 6, 7, 11	<b>7</b> <b>F6</b> College Estates, 808 Stevely Ave., 570-1617 - 2.31 acres	2, 3, 4, 5R, 6, 7, 14
<b>3</b> <b>F3</b> Bixby, 130 Cherry Ave., 570-1601 - 17.84 acres	4, 5R, 6, 7, 9	<b>8</b> <b>F5</b> Colorado Lagoon, 5119 E. Colorado St. - 27.50 acres	6, 7
<b>4</b> <b>B3</b> Bixby Knolls, 1000 San Antonio Dr., 570-1604 - 3.93 acres	4, 5, 6, 7	<b>9</b> <b>A2</b> Coolidge, 352, E. Neece St., 570-1618 - 6.09 acres	1L, 2L, 4, 5, 6, 7, 14

## PARK FACILITIES (continued)

26	F3	Craftsman Village Park, 850 Orange Ave., 570-3100 - .34 acre	6,7
10	B4	Davenport (Ed "Pops"), 2910 E. 55th Way - 11.64 acres	2, 6, 7
11	A2	DeForest, 6255 DeForest Ave., 570-1620 - 16.01 acres	1L, 2L, 3L, 4L, 5, 6, 7
12	F2	Drake, 951 Maine Ave., 570-1625 - 6.61 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 14
13	F2	East Village Arts, 150 Elm Ave. - .09 acres	
14	D7	El Dorado Regional East, 7550 E. Spring St., 570-1771 - 389.49 acres	6, 7, 13, LK
15	D7	El Dorado Nature Center, 7550 E. Spring St., 570-1745 - 99.47 acres	5, 7, LK
16	D6	El Dorado West, 2800 Studebaker Rd., 570-3225	1L, 2L, 3L, 4, 5R, 6, 7, 9, 11, LK, 14
7	E2	Fourteenth Street Park, 570-1608 2.01 acres	2, 6, 9
1	E4	Freeman Community Center, 1205 Freeman Ave., 570-8688	
18	D6	Good Neighbor, 2800 Studebaker Road, .90 acre	
19	F2	Golden Shore Marine Biological Reserve, Golden Shore Ave. - 9.27 acres	
78	B2	Grace Park, Plymouth St. and Elm Ave., 570-3100 - 1.19 acres	
20	G2	Harry Bridges Memorial at the Queen Mary, 1126 Queens Hwy. - 4.19 acres	7
21	C5	Heartwell, 5801 E. Parkcrest St., 570-1635 - 125.41 acres	1L, 2L, 5, 6, 7, 11, LK, 14
22	E3	Homeland Cultural Center, 1321 Anaheim Street at MacArthur Park, 570-1655	
23	A2	Houghton, 6301 Myrtle Ave., 570-1640 - 26.35 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 14
79	E1	Hudson Park, 2335 Webster Ave., 570-3100 - 13.18 acres	1, 6, 7, 14
24	F2	Lincoln (Civic Center), Pacific Ave. & Broadway - 5.64 acres	7, 12
56	G5	Long Beach Community Resource Center, 5365 E. 2nd St.	
25	C2	Los Cerritos, 3750 Del Mar Ave. - 8.47 acres	3L, 6, 7
22	E3	MacArthur (General Douglas), 1321 Anaheim St., 570-1655 - 3.86 acres	1, 2L, 4, 5R, 6, 7
27	F5	Marina Vista, Colorado St. & Santiago Ave. - 18.20 acres	1, 3, 6, 7, 14
28	G5	Marine (Mothers Beach), 5839 Appian Way - 9.31 acres	4, 6, 7
29	E3	Martin Luther King, Jr., 1950 Lemon Ave., 570-4405 - 9.0 acres	1L, 5R, 6, 7, 8
30	E3	McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 - 2.77 acres	2L, 5R, 6, 7, 10
31	F3	Miracle on 4th Street, 1518 E. 4th St. - .14 acres	7
32	E4	Orizaba, Orizaba Ave. & Spaulding St. - 3.99 acres	2, 5, 6, 7, 9
33	B5	Pan American, 5157 Centralia St., 570-1660 - 12.5 acres	1L, 2L, 4, 5, 6, 7, 10
34	D6	PR&M Admin (Parks, Recreation & Marine Administration), 2760 Studebaker Rd., 570-3100	
35	A4	Ramona, 3301 E. 65th St., 570-1665 - 7.21 acres	1L, 2L, 3L, 4, 5R, 6, 7, 14
36	F6	Rancho Los Alamitos, 6400 Bixby Hill Rd., 431-3541 - 7.03 acres	7
37	B2	Rancho Los Cerritos, 4600 Virginia Rd., 206-2040 - 4.77 acres	7
38	F5	Recreation, 4900 E. 7th St., 570-1670 - 63.92 acres	1L, 3L, 5R, 4, 6, 7, 12
39	F4	Rose, 8th St. & Orizaba Ave. - .74 acres	7
40	C5	Rosie the Riveter, Clark Ave. & Conant St. - 3.28 acres	
41	B2	Scherer, 4600 Long Beach Blvd., 570-1674 - 25.22 acres	1, 2L, 3L, 4, 5, 6, 7, 12, LK
42	E2	Seaside, 14th St. at Chestnut, 2.34 acres	
43	D1	Silverado, 1545 W. 31st St., 570-1675 - 12.23 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 10, 12, 14, LK
44	C3	Somerset, 1500 E. Carson St., 570-1690 - 3.75 acres	2L, 3L, 4, 5, 6, 7
45	E4	Stearns Champions, 4520 E. 23rd St., 570-1685 - 22.14 acres	1L, 2L, 5R, 6, 7, 14
46	D2	Veterans, 101 E. 28th St., 570-1695 - 14.32 acres	1L, 2L, 3L, 4, 5R, 6, 7, 14
47	C5	Wardlow, 3457 Stanbridge Ave., 570-1706 - 15.81 acres	1, 2L, 4, 5R, 6, 7, 14
48	E5	Whaley, 5620 Atherton St., 570-1710 - 13.47 acres	1L, 2L, 4, 5R, 6, 7, 11, 14

## TEEN CENTERS

17	E4	Cesar E. Chavez Park Teen Center, 401 Golden Ave., 570-8890
23	A2	Freeman Teen Center, 1205 Freeman Ave., 570-8688
30	E3	Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640
43	D1	McBride Park Teen Center, 1550 M.L.King, Jr. Blvd., 570-1605

## SENIOR CENTERS

30	E3	California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605
16	D6	El Dorado Park West Community Center, 2800 Studebaker Rd., 570-3227

23	A2	Houghton Park Community Center, 6301 Myrtle Ave., 570-1640	
49	F3	Long Beach Senior Center, 1150 E. 4th St., 570-3500	5R
43	D1	Silverado Park Community Center, 1545 West 31st St., 570-1675	
5	F2	Cesar E. Chavez, 401 Golden Ave., 570-8890	2L, 5, 6, 7

## DOG FACILITIES

50	D7	Animal Care Services, 7700 East Spring Street, 570-PETS
9	A2	Coolidge Dog Park, 352 E. Neece St
24	F2	Downtown Dog Park, at Lincoln Center, Pacific at Broadway
14	D7	El Dorado Dog Park, 7500 E. Spring St
61	B3	Jackson Street Dog Park, 1 Jackson St.
52	F2	K-9 Corner Dog Park, 9th & Pacific Ave.
38	F5	Recreation Dog Park, 4900 E. 7th St.
53	G5	Rosie's Dog Beach, 1 S. Granada
51	F2	Seaside Dog Zone Park, Seaside Way at Linden Ave
41	B2	Uptown Dog Park, 4600 Long Beach Blvd.
55	D2	Wrigley Heights Dog Park, 3401 Golden Ave.

## AQUATIC AND BOATING FACILITIES / BEACHES

8	F5	Colorado Lagoon Wetland & Marine Sci. Ed. Center (Appian Way btw. Park & Colorado)
82	F5	Dunster Reserve, Boathouse Lane and Los Cerritos Channel
83	F2	Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr.
57	G4	Launch Ramp - Claremont Launch Ramp, 5300 E. Ocean Blvd.
58	F5	Launch Ramp - Davies Launch Ramp, 6201 E. Second St.
59	G4	Launch Ramp - Granada Launch Ramp, 1 S. Granada Ave.
60	F5	Launch Ramp - Marine Stadium Launch Ramp, 5255 Paoli Way
61	G2	Launch Ramp - South Shore Launch Ramp, 590 Queensway Dr.
2	G5	Leeway Sailing & Aquatics Center, 5437 E. Ocean Blvd., 570-1719
63	G6	Marina - Alamitos Bay Marina, 205 Marina Dr., 570-3215
64	F2	Marina - Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950
65	G2	Marina - Rainbow Marina, 200-B Aquarium Way, 570-8636
66	F5	Marine Stadium, Appian Way (btw. 2nd St. & Colorado St.), 570-3215
67	G4	Pool - Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806
29	E3	Pool - Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718
43	D1	Pool - Silverado Park Pool, 1540 W. 32nd St., 570-1721
8	F5	Model Boat Shop, 5119 E. Colorado St., 570-1720 (Summer Only)
28	G5	Mothers Beach, (Marina Park) 5839 Appian Way

5,7

## SPORTS FACILITIES

14	D7	Archery - El Dorado Archery Range, 7550 E. Spring St., 570-1771	
68	D6	Golf - El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72	
69	C6	Golf - Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 - 36.57 acres	5R
69	C6	Golf - Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54	
38	F5	Golf - Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72	
38	F5	Golf - Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31	
10	D4	Golf - Skylinks at Long Beach Golf Course, 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72	
2	G5	Hockey Rink, 5415 E. Ocean Blvd., 570-1725	
11	F4	Lawn Bowling - Recreation Park Facility, E. 7th St. & Federation Dr., 597-7968, 714-969-5862	
72	E3	Sports Field - Chittick Field, 1900 Walnut Ave., 570-1717 - 19.14 acres	1L
75	E5	Sports Field - Joe Rodgers Softball Stadium, 10th St. & Park Ave., 570-1725	
73	F5	Tennis - Billie Jean King Tennis Center, 10th & Park Ave., 438-8509	
16	D6	Tennis - El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553	
25	C2	Tennis - Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.	
74	G5	Tennis - Naples Tennis Courts, Tivoli Drive between St. Irmo Way & 2nd St.	



## Long Beach Parks Recreation & Marine

# Help Us Plan For the Future- Take Our Community Survey



### The Long Beach Parks, Recreation, and Marine Department

is launching an effort to update the Department Strategic Plan which will cover a 10-year period from 2020-2030. This Plan will guide operational, staffing and budgeting decisions for our Department and we want to hear from our community!

The Department has released a community survey that is available in four languages at our community centers and online, where you can tell us what you need from us, help us understand where we can do better, educate us about what you see in our parks and beaches, and congratulate us on what we're doing well.



The PRM Strategic Plan Community Survey takes approximately 15 minutes to complete and is open until August 30, 2019.

Currently, the Department offers community programs and services through:

- 170 parks
- 26 community centers
- 6 miles of beachfront
- One of the busiest municipal golf systems in the nation
- One of the largest municipally-operated marina systems in the nation
- Comprehensive care and services for animals through Long Beach Animal Care Services



### The survey is available at:

Department website, [www.lbparks.org](http://www.lbparks.org),  
Park community centers  
Department Administrative Office, 2760 N. Studebaker Road.  
We expect the Department Strategic Plan to be completed by the summer of 2020, and the Strategic Plan will be available for public review on our website at that time.



**PARKS  
MAKE  
LONG  
BEACH**  
PRM STRATEGIC PLAN

30 VISIT [HTTP://BIT.LY/PRMSURVEY](http://bit.ly/prmsurvey) FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY



Free Futsal Courts  
 Free Summer Food Program  
 Free Basketball Courts  
 Free Senior Programs  
 Golf Courses  
 Free Skate Parks  
 Community Centers  
 Free Playgrounds  
 Aquatics and Pools  
 Nature Center  
 Free Dog Parks

# Parks, Recreation & Marine Community Park Directory

Hours of Operation, Recreation Amenities and Programs at Long Beach Parks





# COMMUNITY PARK DIRECTORY

Hours, recreation amenities and programs for parks throughout the City.

**Programs:** After School Program, Youth Sports, Senior Program, Teen Program, and Fitness Stations. For more information about Parks, Recreation and Marine facilities and programs, visit [www.lbparks.org](http://www.lbparks.org).

## Follow us on

Facebook:

[www.facebook.com/LongBeachParks](https://www.facebook.com/LongBeachParks)

Twitter:

[www.twitter.com/LongBeachParks](https://www.twitter.com/LongBeachParks)

You Tube:

[www.youtube.com/user/ParksLongBeach](https://www.youtube.com/user/ParksLongBeach)

Instagram:

[www.instagram.com/longbeachparks\\_rec](https://www.instagram.com/longbeachparks_rec)

Free programs including skate parks, playgrounds, dog parks, afterschool programs, teen and senior centers are offered throughout the City.



## Admiral Kidd Park

2125 Santa Fe Ave.

562.570.1600

**Hours:** Afterschool Program: M-F 3-6 p.m., Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs: M-F: 11 a.m. to 5 p.m.  
Be SAFE Summer Program: M-F, 5-8 p.m.

## Amenities:

Basketball Court  
Community Center  
Fitness Stations  
Playground  
Soccer Fields  
Weight/Fitness Room

## Programs:

After School Program  
Free Be SAFE Summer Program  
Summer Food Program  
Fun Day Programs  
Teen Programs  
Youth Sports



## Baker Park

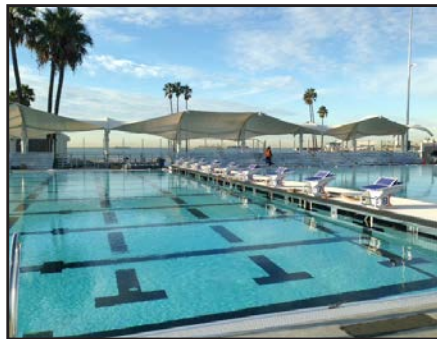
625 Baker Street

562.570.3100

**Hours:** Dawn to Dusk

## Amenities:

Playground  
Walking Path



## Belmont Plaza Pool

4320 E. Olympic Plaza

562.570.1806

See page 44.



## Birdcage Park

6501 Parkcrest Street

562.570.3100

**Hours:** Dawn to Dusk

## Amenities:

Playground



## Bixby Park

130 Cherry Ave.

562.570.1601

**Hours:** Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.  
Be SAFE Summer Program: M-F, 5-8 p.m.

## Amenities:

Band Shell  
Basketball Court  
Community Center  
Fitness Stations  
Playground  
Skate Park  
Weight/Fitness Room

## Programs:

After School Program  
Free Be SAFE Summer Program  
Fun Day Programs  
Senior Fitness Classes  
Summer Food Program  
Youth Sports



## Bixby Knolls Park

1101 San Antonio Drive

562.570.3100

**Hours:** Dawn to Dusk

## Amenities:

Playground





### **Officer Daryle W. Black Memorial Park**

2023 Pasadena Avenue  
562.570.3100  
Hours: Dawn to Dusk

**Amenities:**  
Playground

### **Burton W. Chace Park**

65 E. Market Street  
562.570.3100  
Hours: Dawn to Dusk

**Amenities:**  
Playground



### **Cherry Park**

1901 E. 45th St. 562.570.1615  
Hours: Dawn to Dusk

**Amenities:**  
Baseball Fields  
Basketball Court  
Community Center  
Soccer Field  
Softball Fields  
Tennis Courts  
Playground

**Programs:**  
Youth Sports



### **Coolidge Park**

352 E. Neece St.  
562.570.1618  
Hours: Dawn to Dusk

**Amenities:**  
Community Center  
Basketball Court  
Dog Park  
Fitness Stations  
Playground  
Softball Field

**Programs:**  
After School Program  
Summer Food Program  
Fun Day Programs  
Youth Sports



### **Cesar E. Chavez Park**

401 Golden Ave.  
562.570.8890  
Hours: Afterschool Program: M-F, 3-6 p.m.,  
Senior Program: 9 a.m.-2 p.m.  
Teen Center: M-F 4-7 p.m., Sa & Su: Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**  
Basketball Court  
Community Center  
Fitness Stations  
Playground  
Weight Room

**Programs:**  
After School Program  
Summer Program  
Summer Food Program  
Fun Day Programs  
Teen Program  
Youth Sports



### **College Estates Park**

808 Stevely Ave.  
562.570.1710  
Hours: Dawn to Dusk

**Amenities:**  
Basketball Court  
Community Center  
Pickleball Courts  
Playground  
Tennis Courts

**Programs:**  
Youth Sports



### **Ed "Pops" Davenport Park**

2910 East 55th Way  
562.570.1665  
Hours: Dusk to Dawn

**Amenities:**  
Basketball Court  
Playground

**Programs:**  
Summer Food Program  
Youth Sports



### DeForest Park

6255 DeForest Ave.

562.570.1620

Hours: Dawn to Dusk

#### Amenities:

Baseball Field  
Basketball Court  
Community Center  
Futsal Courts  
Nature Trail  
Playground  
Soccer Field  
Softball Fields

#### Programs:

Camp Fire Day Camp  
Camp Fire After School Program  
Summer Food Program  
Youth Sports



### Drake Park

951 Maine Ave.

562.570.1625

Hours: After School Program: M-F, 3-6 p.m.,

Sa & Su: Closed

Winter, Spring & Summer Fun Days Programs:

M-F, 11 a.m.-5 p.m.

Be SAFE Summer Program: M-F, 5-8 p.m.

#### Amenities:

Basketball Court  
Community Center  
Playground  
Raquetball Courts  
Skate Park  
Soccer Field  
Softball Field

#### Programs:

After School Program  
Free Be SAFE Summer Program  
Fall Fun Days  
Summer Food Program  
Youth Sports



### El Dorado Regional Park & Nature Center

See page 42.

### El Dorado Park West



2800 Studebaker Rd.

562.570.3225

Hours: Senior Programs: M-F, 9 a.m.-5 p.m.

Summer Fun Days: M-F, 11 a.m.-5 p.m. Sum-

mer Only Sa & Su: Closed

#### Amenities:

Baseball Fields  
Basketball Courts  
Community Center  
Disc Golf Course  
Golf Course  
Playground  
Skate Park  
Soccer Fields  
Softball Fields  
Tennis Center

#### Programs:

Senior Program  
Summer Day Camp Program  
Fun Day Programs  
Youth Sports

### Fellowship Park

434 E. Willow St

562.570.3100

Hours: Dawn to Dusk

#### Amenities:

Playground

### Freeman Center

1205 Freeman Ave

562.570.8688

Hours: M-F: 3-7 p.m.

#### Amenities:

Community Center

#### Programs:

Teen Programs

### Grace Park

Elm Ave. & Plymouth St.

562.570.3150

Hours: Dawn to Dusk

#### Amenities:

Community Garden  
Playground



### Robert Gumbiner Park

880 E. 7th St.

562.570.3100

Hours: Dawn to Dusk

#### Amenities:

Performance Area  
Picnic Area  
Playground  
Public Art  
Skate Plaza

### Heartwell Park

5801 E. Parkcrest St.

562.570.1635

Hours: Dawn to Dusk

#### Amenities:

Baseball Fields  
Basketball Court  
Community Center  
Playground  
Soccer Fields  
Softball Fields



### Houghton Park

6301 Myrtle Ave.

562.570.1640

Hours: Senior Program: 9 a.m.-2 p.m.

After-school Program: M-F, 3-6 p.m., Sa &

Su: Closed

Winter, Spring & Summer Fun Days Programs:

M-F, 11 a.m.-5 p.m.

Be SAFE Summer Program: M-F, 5-8 p.m.

#### Amenities:

Baseball Fields  
Basketball Courts  
Community Center  
Fitness Stations  
Playground  
Skate Park  
Soccer Fields  
Softball Fields  
Tennis Courts  
Weight Room



**Programs:**

After School Program  
 Fun Day Programs  
 Free Be SAFE Summer Program  
 Senior Program  
 Summer Day Camp Program  
 Summer Food Program  
 Teen Program, Youth Sports

**Jackson Park**

1432 Jackson Street

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

Dog Park (1800 Jackson)  
 Playground

**King, Martin Luther Jr. Park**

1950 Lemon Ave.

562.570.4405

Hours: Afterschool Program: M-F, 3-6 p.m.,  
 Sa & Su, Closed  
 Winter, Spring & Summer Fun Days Programs:  
 M-F, 11 a.m.-5 p.m.  
 Be SAFE Summer program: M-F, 5-8 p.m.

**Amenities:**

Baseball Fields  
 Basketball Court  
 Community Center  
 Playground  
 Soccer Fields  
 Softball Fields

**Programs:**

After School Program  
 Fun Day Programs  
 Free Be SAFE Summer Program  
 Summer Food Program  
 Youth Sports

**Leeway Sailing Center**

5437 E. Ocean Blvd.  
 See page 50

**Lilly Park**

32 Lilly Ave.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

Playground

**Livingston Drive Playground**

4700 Livingston Dr.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

Playground

**Locust Tot Lot**

2331 Locust Ave.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

Playground

**Loma Vista Park**

1173 Loma Vista Dr.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

Playground

**Los Altos Park**

4851 Stearns St.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

Playground

**Los Altos Plaza Park**

5230 Anaheim Rd.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

Playground

**Long Beach Senior Center**

1150 E. 4th St.

562.570.3500

Hours: M-F: 8 a.m.-4:30 p.m.  
 Sa: 10 a.m.-4 p.m.

**Amenities:**

Fitness Gym  
 Friendly Cup Café  
 Library  
 Thrift Shop Programs  
 Bingo  
 Craft Classes  
 Dance Classes  
 Fitness Classes  
 Lapidary  
 Sewing  
 Sing-Along  
 Social Dance





### Los Cerritos Park

3750 Del Mar Ave.

562.570.3150

Hours: Dawn to Dusk

#### Amenities:

Playground

Tennis Courts



### MacArthur Park

1321 Anaheim St.

562.570.1655

Hours: After School Program: M-F: 3-6 p.m.

M-Th: 3-10 p.m. Sa, 10 a.m.-6 p.m., Su, 9 a.m.-

6 p.m., Closed Fridays

#### Amenities:

Basketball Court

Community Center

Homeland Cultural Center, see page 39

Playground

#### Programs:

After School Program

Fun Day Programs

Summer Food Program

Youth Sports



### Marina Vista Park

5355 Eliot St.

562.570.3100

Hours: Dawn to Dusk

#### Amenities:

Basketball Court

Playground

Pickleball

Softball Field

Soccer Field

Tennis Courts



### Ernest McBride Park and California Recreation Center

1550 Martin Luther King, Jr. Ave.

562.570.1605

Hours: Senior Program: 9 a.m.-2 p.m.

Teen Center: M-F, 4-7 p.m.

Afterschool Program: M-F, 3-6 p.m., Sa &

Su, Closed

Winter, Spring & Summer Fun Days Programs:

M-F, 11 a.m.-5 p.m.

#### Amenities:

Basketball Court

Community Center

Playground

Skate Park

Weight/Fitness Room

#### Programs:

After School Program

Fun Day Programs

Senior Program

Summer Food Program

Teen Program

Youth Sports



### Miracle Park

1518 E. 4th St.

562.570.1787

Hours: Dawn to Dusk

#### Amenities:

Playground

#### Programs:

Youth Sports



### C David Molina Park

4951 Oregon Ave.

562.570.3100

Hours: Dawn to Dusk

#### Amenities:

Fitness Stations

Playground

Soccer Field

Walking Path

### NAACP Freedom Park

2300 Martin Luther King Jr. Ave.

562.570.3100

Hours: Dawn to Dusk

#### Amenities:

Bike Path



### Orizaba Park

1435 Orizaba Ave.

562.570.1427

Hours: Afterschool Program: M-F: 3-6 p.m.,

Sa & Su, Closed

Winter, Spring & Summer Fun Days Programs:

M-F: 11 a.m.-5 p.m.

Be SAFE Summer Program, M-F: 5-8 p.m.

#### Amenities:

Basketball Court

Community Center

Fitness Stations

Playground

Skate Park

#### Programs:

After School Program

Free Be SAFE Summer Program

Fun Day Programs

Summer Food Program

Youth Sports



### Pan American Park

5157 Centralia St.

562.570.1660

Hours: Afterschool Program: M-F: 3 to 6 p.m.,

Sa & Su, Closed

Winter, Spring & Summer Fun Days Programs:

M-F, 11 a.m.-5 p.m.

Be SAFE Summer Program: M-F, 5-8 p.m.

#### Amenities:

Baseball Fields

Basketball Court

Gym

Playground

Softball Fields

#### Programs:

After School Program

Free Be SAFE Summer Program

Summer Day Camp Program Summer

Fun Day Programs

Youth Sports



### Peace Park

1411 Atlantic Ave.  
562.570.3100  
Hours: Dawn to Dusk

**Amenities:**  
Playground

### Promenade Square

215 E. First St.  
562.570.3150  
Hours: Dawn to Dusk

**Amenities:**  
Playground



### Ramona Park

3301 East 65th St.  
562.570.1665  
Hours: After School Program: M-F: 3-6 p.m.  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F: 11 a.m.- 5 p.m.  
Be SAFE Summer Program: M-F: 5-8 p.m.

**Amenities:**  
Baseball Fields  
Basketball Court  
Community Center  
Playground  
Soccer Fields  
Softball Fields  
Tennis Courts

**Programs:**  
After School Program  
Free Be SAFE Summer Program  
Fun Day Programs  
Summer Food Program  
Youth Sports



### Recreation Park

4900 E. 7th St.  
562.570.1670  
Hours: Dawn to dusk

**Amenities:**  
Band Shell  
Baseball Field  
Casting Pond  
Community Center  
Dog Park  
Golf Courses (9-hole and 18-hole)  
Lawn Bowling Green  
Playground  
Tennis Center  
Softball Stadium  
Volleyball Court

### Rivera, Jennie Memorial Park

2001 Walnut Ave.  
562.570.3100  
Hours: Dawn to Dusk

**Amenities:** Playground

### Rosie the Riveter Park

Clark and Conant Ave.  
562.570.3100  
Hours: Dawn to dusk

**Amenities:**  
Benches  
Walking Path  
Memorial Wall



### Scherer Park

4600 Long Beach Blvd.  
562.570.1674  
Hours: Summer Fun Days: M-F, 11 a.m.-5 p.m.  
Summer Only  
Be SAFE Summer program: M-F, 3-6 p.m.

**Amenities:**  
Basketball Court  
Community Center  
Dog Park  
Playground  
Tennis Courts

**Programs:**  
Free Be SAFE Summer Program  
Fun Day Programs  
Summer Food Program  
Youth Sports



### Seaside Park

1401 Chestnut Ave.  
562.572.5126  
Hours: Afterschool Program: M-F, 3-6 p.m.  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.  
Be SAFE Summer Program: M-F, 5-8 p.m.

**Amenities:**  
Playground  
Soccer Fields

**Programs:**  
After School Program  
Free Be SAFE Summer Program  
Fun Day Programs  
Summer Food Program  
Youth Sports



### Silverado Park

1545 W. 31st St.  
562.570.1675  
Hours: Senior Program: 9 a.m.-2 p.m.  
Afterschool Program: M-F, 3-6 p.m., Sa & Su,  
Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.  
Free Be SAFE Summer Program: M-F, 5-8 p.m.

**Amenities:**  
Baseball Fields  
Basketball Court  
Community Center  
Playground  
Pool  
Softball Fields  
Skate Park  
Tennis Courts

**Programs:**  
After School Program  
Free Be SAFE Summer Program  
Fun Day Programs  
Senior Programs  
Summer Day Camp Program  
Summer Food Program  
Teen Programs  
Youth Sports





### **Somerset Park**

1500 E. Carson St.  
562.570.1690

**Hours:** After School Program: M-F, 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

#### **Amenities:**

Basketball Court  
Community Center  
Playground  
Tennis Courts

#### **Programs:**

After School Program  
Fun Day Programs  
Summer Food Program  
Youth Sports



### **Stearns Champions Park**

4520 E. 23rd St.  
562.570.1685

**Hours:** Afterschool Program: M-F, 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

#### **Amenities:**

Baseball Fields  
Community Center  
Playground  
Softball Fields

#### **Programs:**

Adaptive Recreation Classes  
After School Program  
Fun Day Programs  
Summer Day Camp Program  
Summer Food Program  
Youth Sports



### **Veterans Park**

101 E. 28th St.  
562.570.1695

**Hours:** Afterschool Program: M-F, 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

#### **Amenities:**

Baseball Fields  
Basketball Court  
Community Center  
Playground  
Soccer Fields  
Softball Fields  
Tennis Courts

#### **Programs:**

After School Program  
Fun Day Programs  
Summer Day Camp Program  
Summer Food Program  
Youth Sports



### **Wardlow Park**

3457 Stanbridge Ave.  
562.570.1705

**Hours:** Afterschool Program: M-F, 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

#### **Amenities:**

Baseball Fields  
Basketball Court  
Community Center  
Playground  
Soccer Fields  
Softball Fields

#### **Programs:**

After School Program  
Summer Day Camp Program  
Fun Day Programs  
Summer Food Program  
Youth Sports



### **Whaley Park**

5620 Atherton St.  
562.570.1710

**Hours:** Afterschool Program: M-F, 3-6 p.m.,  
Sa & Su: Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

#### **Amenities:**

Baseball Fields  
Basketball Court  
Community Center  
Playground  
Softball Fields

#### **Programs:**

After School Program  
Summer Day Camp Program  
Fun Day Programs  
Youth Sports

## **We are:**

- 170 parks
- 26 community centers
- 2 historic sites
- 2 major tennis centers
- 5 golf courses-one of the busiest municipal golf systems in the country
- Long Beach Animal Care Services Bureau
- the largest municipally operated marina system in the nation
- 6 miles of beaches



**Long Beach  
Parks, Recreation &  
Marine**



## RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

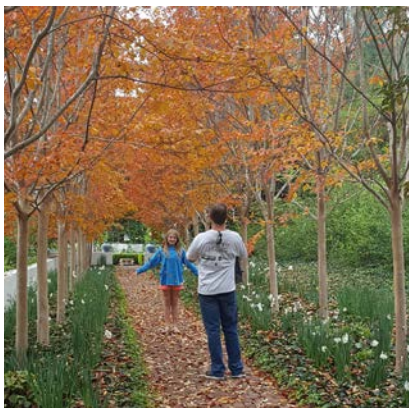
6400 E. Bixby Hill Road • (562) 431-3541

[www.RanchoLosAlamitos.org](http://www.RanchoLosAlamitos.org)

**PUBLIC HOURS:** Wednesday- Sunday, 1-5 p.m.

Enter through Bixby Hill residential gate at Anaheim and Palo Verde.

Free admission.



Adults and children alike are enchanted by a walk back through time at gracious Rancho Los Alamitos. The lovely "Ranch of the Little Cottonwoods" is a 7.5-acre site that is the last vestige of the original 300,000-acre land grant made by the King of Spain to one of his captains. Continuously occupied since the time of the Tongva-Gabrielino people, the site was last

owned and occupied by Fred and Florence Bixby and was gifted to the City in 1968. The history of Rancho Los Alamitos is the history of Long Beach and the region and is on display in the carefully restored Ranch House with its core of adobe, twelve gardens, the interpretive displays, murals and film in the Rancho Center and the Barns Area with its farm animals.

**Tours:** Docent-led guided tours of the ranch house and barns area start every 30 minutes from the Rancho Center with the last tour at 4 p.m. Visitors may tour the gardens with a docent or opt for a self-guided tour. The Gift Shop is open 1-5 p.m.

### MUSEUM SHOP HOLIDAY PREVIEW AND OPEN HOUSE

Saturday, November 9 • 1-5 p.m. • Free Admission

Shop for unique holiday gifts and decorations. Includes a sale and exhibition by local artists.

### ANNUAL HOLIDAY WREATH-MAKING WORKSHOP

Saturday, November 23 • 9:30 a.m. to 12:30 p.m.

Please check the Rancho's website for details and reservations.

### BREAKFAST WITH SANTA

Saturday, December 7 • 9:00 a.m. to Noon • \$18/child, \$25/adult

A holiday favorite for children and families. Reservations required. Early reservations recommended as this event sells out quickly. On-line reservations will open on Monday, September 9, 2019.

### HOLIDAY OPEN HOUSE AT RANCHO LOS ALAMITOS

December 11th through 13th • 4-8 p.m. (Final reservation at 7 p.m.)

Enjoy holiday music, light refreshments, and tours of the Ranch House decorated in 1930s holiday style. Free to the public but reservations required for parking.

### EXCLUSIVE TOUR AND LUNCHEON

Your group of 10 or more can reserve an exclusive tour and an elegant catered luncheon served in the Rancho garden. Reservations are required, and the date is subject to availability. For menu selections and pricing, visit the Rancho website. For further information or to schedule a group tour, please call the Rancho at (562) 431-3541.

## HOMELAND CULTURAL CENTER

1321 Anaheim St., MacArthur Park

(562) 570-1655

**Hours:** Monday-Tuesday 3-10 p.m.

Wednesday-Thursday 3-9:30 p.m.

Closed Fridays

Saturday 10 a.m.- 6 p.m.

Sunday 9 a.m.-6 p.m.



### FREE CLASSES AND WORKSHOPS!

Winner of Excellence California Park and Recreation Society.



Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.



### Afrikan Drum/Dance

10 a.m.-4 p.m. .... Sa

### Aztec Dance

7-9 p.m. .... W

### Ballet Folklorico

5-7 p.m. .... Tu

### Bokator (Martial Arts)

7-9 p.m. .... Th



### Breakdancing for Kids

4-6 p.m. .... Tu

### Popping and Break Dancing

6-10 p.m. .... M, Tu

### Cambodian Art and Music

2-4 p.m. .... Sa

### Drums

4-6 p.m. .... Tu

### Hmong Arts

9 a.m.-2 p.m. .... Su



### Instant Band

(Music Improvisations)

4-6 p.m. .... Sa

### Krump Dance

7-9 p.m. .... Th

### Micronesian Arts

2-6 p.m. .... Su

### Movie Makers Workshop

1-3 p.m. .... Su

### Happy Senior Line Dance

3-5 p.m. .... Tu, W

# EL DORADO NATURE CENTER

7550 East Spring Street  
(562) 570-1745

[www.longbeach.gov/naturecenter](http://www.longbeach.gov/naturecenter)

## NATURE CENTER HOURS:

Trails: Tuesday-Sunday 8 a.m.-5 p.m.

Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.

The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved accessible trail wind through meadows and wooded areas to offer visitors a relaxing getaway. Visit the interactive, hands-on exhibits available in the museum and gift shop after you walk the trails.

## FRIENDS OF EL DORADO NATURE CENTER

Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. For more information, call the Friends' office at (562) 570-1745.

## DRAWING IN NATURE

Learn the basics of using colored pencils, including blending, burnishing and impressed line, while incorporating the techniques of botanical drawing. Bring a lunch and wear walking shoes.

Saturdays, September 14, October 12, November 9, 10 a.m.-3 p.m.  
Adults only. \$120 per person for unit of three classes. Call (562) 570-1745 to register.

## PRE-SCHOOL PROGRAMS

Pre-registration is required for all classes. Visit [www.lbparks.org](http://www.lbparks.org).

### 1-DAY PARENT & ME WORKSHOPS

Ages: 18 mos-5 yrs, \$20 per class. 10-11:30 a.m..

Bring your imagination and sense of adventure as you and your child celebrate the seasons with a special morning of crafts, stories, songs, and outdoor exploration. Parent participation required.

### HUMMINGBIRD CELEBRATION

Join us as we celebrate National Hummingbird Day by creating enchanting pieces of art based on our fluttery friends.

34152 Wednesday, September 4 10-11:30 a.m.

### MAGICAL MASQUERADE

Make Halloween masks, and learn about our local nighttime creatures. We'll have a howlin' good time!

34153 Wednesday, October 9 10-11:30 a.m.

### FALLING LEAVES

Enjoy the fall by learning to count to three. Orange, yellow, and red, let's find colors on the trail ahead.

34154 Wednesday, November 13 10-11:30 a.m.

### TAILS & TRAILS - AMAZING AUTUMN ANIMALS

Ages: 18 mos-5 yrs, \$20 per class. 10-11:30 a.m.

Learn all about the Nature Center's fantastic animal friends while exploring the trails, listening to stories, songs and engaging in hands-on activities designed to build a love of the outdoors. Some people think they are crazy critters, but we love their amazing ways!

Parent participation required.

Go Batty for Bats

Silly Spiders

Owls are a Hoot

34155 September 11

34156 October 30

34157 November 27

## EDUCATIONAL PROGRAMS

Pre-registration is required. Call (562) 570-1745.

### YOUNG EXPLORERS TOUR

Looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center's diverse habitats. 1½ hour program. \$6 per person.

### BEETLE BRIGADE

Join us for a hands-on, sensory exploration of nature. On the trails we'll search high and low for the animals, birds and bugs that live here. We'll use our "owl eyes," "rabbit ears," and "coyote noses" to experience unique patterns, textures, shapes and colors along the way. Sing a song, listen to a story or make friends with a puppet. Ages 3-5.

1½ hour program. \$5 per person.



### DISCOVERY TOURS

Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You'll make discoveries through hands-on investigation and activities designed to support the Academic Content Standards at your grade level. 2-hour program. Grades K-4, \$7 per person. Grade 5, \$8 per person.

### EXPLORE THE SHORE - 5TH GRADE TOUR

Sponsored by El Dorado Nature Center and the City of Long Beach's Adopt-A-Beach program.

In this hands-on, two-hour program, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. Available at Granada Beach or Cherry Beach. 2-hour program. \$8 per person.

## CELEBRATE BIRDS!

### EL DORADO AUDUBON SOCIETY MEETING

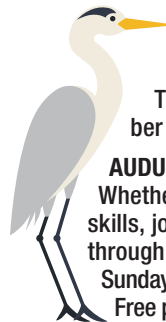
Join us for intriguing presentations and discussion on the conservation of native birds and their habitats.

Thursday evenings, September 19, October 17, November 21 7:30 p.m. Free program.

### AUDUBON BIRD WALK

Whether you're a new birder or just want to sharpen your skills, join members of El Dorado Audubon for a morning walk through the Nature Center.

Sundays, September 8, October 13, November 10, 8 a.m. Free program.



## SPECIAL EVENTS

### 2019 CALIFORNIA COASTAL CLEANUP DAY

You can take an active role in keeping our coastline clean and healthy. Cleanups will take place at beaches throughout the city. For more information and group registration, call (562) 570-1745.

Saturday, September 21, 9 a.m.-noon.

### SOWING THE SEEDS OF SUMMER

Partners of Parks invites you to an evening of thanks and celebration in support of the community organizations and neighborhood groups who bring programming to our City parks every summer.

Join fellow park supporters and POP's community partners for an exclusive evening at the El Dorado Nature Center amphitheater. We will also be "Sowing the Seeds" for future Partners of Parks activities, welcoming our new Advisory Board members, and sharing our new strategic plan to support activities in Long Beach parks benefiting teens, seniors and economically disadvantaged children.

Saturday, September 14, 5:30-7:30 p.m. \$75.00 donation per person  
All proceeds benefit Partners of Parks and our affiliated partners.

## CALIFORNIA NATIVE PLANT SALE



The Nature Center will be blooming with thousands of California native plants for sale. Your purchase benefits the Center and supports habitat restoration. Event begins at 9:30 a.m. Current members of "Friends" get in early at 9:00 a.m. Come early for the best selection.

Saturday, October 12, 9:30 a.m.-2 p.m.

### TELLABRATION

Come to the Nature Center to celebrate the power and wisdom of storytelling from the Long Beach Storytellers. Saturday, November 23, 7:30 - 9:30 p.m. Ages 12 & up. \$5 per person. Pre-registration is required. Call (562) 570-1745.

### HOWL-O-WEEN FESTIVAL

Saturday, October 26, 2-6 p.m. Last Trail Entry: 5:00 p.m. Join us at the boo-tiful El Dorado Nature Center for a hare-raising good time as you trick-or-treat your way along the trails. Visit our animal education village, or bounce yourself silly in the Ooh-possum Patch. There will be storytelling and face painting, food trucks and crafts. Parking is \$7, and a suggested donation of \$5 to support Partners of Parks/ Friends of El Dorado Nature Center at the gate. Dress as your favorite creature and come mingle with ours. See you there!

## FAMILY NIGHT WALKS

Pre-registration is required. Visit [www.lbparks.org](http://www.lbparks.org).

### FAMILY NIGHT WALKS

What do the animals do at night? Find out on a naturalist-led exploration of the darkened trails of the Nature Center. All ages. An adult must accompany persons under the age of 18.

Tuesdays, 7-9 p.m. \$5 per person. Under 2 years old, free.

34158 September 10    34159 October 8    34160 November 12

## VOLUNTEER OPPORTUNITIES

### FIRST SATURDAY STEWARDS – SERVICE LEARNING OPPORTUNITY

Join us in cleaning the stream, clearing the trails, or pulling weeds. Wear sturdy shoes and bring water and sunscreen.

Saturdays, September 7, October 5, November 2, 10 a.m.-noon.

Pre-registration is required. Call (562) 570-1745.

### WETLAND WARRIOR CLEANUP

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels.

Saturdays, October 19 & November 16, 10 a.m.-noon. Meet next to 101 Golden Shore Ave.

### EL DORADO REGIONAL PARK CLEANUP

Join fellow park-lovers to cleanup fishing line and other debris from our beautiful park and lakes. An hour of your time can really make a difference! Wear sturdy shoes, bring water and wear a hat and sunscreen. All ages welcome. Children and youth under 18 must bring an adult. Meet at the parking lot next to the pedal boat dock in Area III. Call (562) 570-1745 to register.

Saturdays, September 28, October 26 & November 23, 9-10 a.m.

\*\*See Special Events for information about Coastal Cleanup Day in September.

# EL DORADO EAST REGIONAL PARK

7500 Spring Street  
(562) 570-1771

HOURS: Spring/Summer: 7 a.m.-8 p.m.

March 1-October 31

Fall/Winter: 7 a.m.-5 p.m.

November 1-February 28

## VEHICLE ENTRY FEES



### CASH OR CARDS:

M-Th: \$5 • F: \$6 • Sa and Su: \$7 • Holidays: \$8

School Buses: \$30 • Other buses: \$35 daily

## ANNUAL PARKING PASSES

- General Public Fee: \$60 Each
- Seniors ages 50+ / Disabled Fee: \$35 Each

Parking passes are available for purchase at:  
**Administration Office**, 2760 Studebaker Road  
Administration Office hours: M-F, 8 a.m.-5 p.m.

**El Dorado Nature Center**, 7550 E. Spring Street.  
Center hours: Tu-Su, 8:30 a.m.-4 p.m.

## AMENITIES AND SERVICES

- Archery range with target butts
- Barbecue grills-first come, first served
- Bicycle trails-paved (over 4 miles)
- Campground for Youth Groups
- Dog Park
- Two stocked fishing lakes (license required for 16+)
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Nature Center-Closed Mondays
- Park Ranger supervision
- Physical Fitness Course-12 stations-Area II
- Picnic areas-first come, first served, and reserved areas
- Picnic shelters
- Playgrounds
- The El Dorado Frontier at El Dorado Park. Train rides and party packages. Open 11 a.m.-5 p.m., Saturdays and Sundays, rain permitting. Weekday operations available for schools/private events. To book a party or for more information call the reservations number at (562)249-8330. Our new website address is: [www.theeldoradofrontier.com](http://www.theeldoradofrontier.com).
- Junior Olympic Archery Development (JOAD), call (626) 242-8870.
- Bicycle Rentals-Wheel Fun Rentals, call (805) 650-7770.





# RANCHO LOS CERRITOS HISTORIC LANDMARK

4600 North Virginia Road

(562) 206-2040 • [www.RanchoLosCerritos.org](http://www.RanchoLosCerritos.org)

Rancho Hours: Wednesday-Sunday, 1- 5 p.m.

Closed: Veteran's Day, November 11th

Thanksgiving, November 28th and 29th



Rancho Los Cerritos is a National, State and Long Beach Historic Landmark. Free guided tours of the 1844 historic adobe home are offered during museum hours. Docent-led tours of the gardens are available on Saturday and Sunday afternoons or by request. Spanish language tours are available on the fourth Sunday of the month and by request. Special tours for youth groups and home-schoolers are available by request. Register for events at [RanchoLosCerritos.org](http://RanchoLosCerritos.org).



**STORY TIME** September 3, 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26 9:30-10 a.m. in the Rancho Los Cerritos library. Every Tuesday sings songs, read, and make a new friend. No RSVP is necessary. Rain or shine. FREE.

**CREATION STATION** Saturdays October 5, November 2

Get creative with history! Using and experimenting with a wide variety of colorful and natural materials, children create seasonal arts and crafts. October's theme is outrageous orange and November's theme is Brilliant Brown. No RSVP is necessary. Rain or shine. FREE.



**BIRD WALK** Thursday September 12, October 10 and November 14 8-9:30 a.m. Stroll through the grounds of the historic rancho and watch both resident birds and seasonal migrants. Meet in the lower parking lot at 8 a.m. sharp. Wear comfortable closed toed shoes and bring a hat and binoculars. We also have a limited number of binoculars to lend thanks to the generosity of Vortex Optics. No RSVP is necessary. Rain cancels. FREE.

## SPECIAL EVENTS

**STATE OF THE 8TH** Thursday, September 19 • 6-8 p.m.

This event is hosted by Councilmember Al Austin of the 8th District, all are welcome to attend. FREE. RSVP at [RanchoLosCerritos.org](http://RanchoLosCerritos.org).

**THIRD ANNUAL CRAFT BEER LB FEST** Saturday, September 21

VIP admission: noon-5 p.m. General admission: 1-5 p.m.

Sample selections from 15 different local breweries while enjoying food and music in the garden. For details, visit <http://craftbeerlbfest.com/>.

**2<sup>ND</sup> ANNUAL RANCHOS WALK** Saturday, September 28. 7:30 a.m.-2 p.m. starting at Rancho Los Alamitos (parking at CSULB).

Experience Long Beach and Signal Hill in a whole new way! Follow a crest trail linking Rancho Los Alamitos and Rancho Los Cerritos. This 9.4-mile scenic walk connects the CSULB campus, Reservoir Hill, Hilltop Park in Signal Hill, Longview Point at Willow Springs Park and Rancho Los Cerritos. 3.5 mile and 6-mile options also available. Shuttle services will be provided along the route. The event is FREE however advanced registration is required. Register at: [LongBeach.gov/RanchosWalk](http://LongBeach.gov/RanchosWalk).

**175TH CELEBRATION** Saturday, September 28 • noon-3 p.m.

Celebrate the Rancho's 175th birthday with a festival, food, music, art, and more. The ceremony will include a Brewery Knolls beer garden featuring Liberation Brewing, food trucks, a 175th birthday cake-cutting ceremony led by Al Austin, music, tours of the house, and an art contest. The Rancho 175th art contest is now accepting entries that fit the theme "My Long Beach." To enter the art contest you must be a current K-12 student and submit a photo of your artwork to [RLCartcontest175@gmail.com](mailto:RLCartcontest175@gmail.com). FREE no RSVP required.

**175TH ANNIVERSARY GALA** Sunday October 20 • noon-4 p.m.

Join us to celebrate 175 years and raise funds that support the Rancho's restoration, exhibitions, and educational programs. Honoring: Margie & Frank Newell, Junior League of Long Beach, and The Port of Long Beach, for their deep commitment to the Rancho, leadership, and spirited generosity. For more information, please call (562) 206-2048 or email [TessaC@RanchoLosCerritos.org](mailto:TessaC@RanchoLosCerritos.org).

## VOLUNTEER OPPORTUNITIES

Call (562) 206-2040 or email [Rancho@RanchoLosCerritos.org](mailto:Rancho@RanchoLosCerritos.org).



**VOLUNTEER OPEN HOUSE:** Thursday, September 5, 10 a.m.-11:30 p.m.

Learn about our upcoming volunteer opportunities! Volunteering at RLC is a great way to learn about Long Beach history. Volunteer opportunities include greeting visitors, leading tours, gardening, helping out at special

events, working behind the scenes, and representing RLC in the larger community. Call (562) 206-2040 or email [Rancho@RanchoLosCerritos.org](mailto:Rancho@RanchoLosCerritos.org) to RSVP.

**SCHOOL DOCENT TRAINING:** Starts Thursday, September 12, 9:30 a.m.-12:30 p.m.

School docents share stories of those who lived on the Rancho and bring California history to life for thousands of fourth-grade students. Training meets on Thursday mornings for 8 weeks. Call (562) 206-2040 or email [Rancho@RanchoLosCerritos.org](mailto:Rancho@RanchoLosCerritos.org) to RSVP.

**TEEN VOLUNTEER OPEN HOUSE:** Thursday, September 26, 4-5:30 p.m. High school students can gain valuable experience in helping with craft workshops, youth tours, and public events. Call (562) 206-2040 or email [Rancho@RanchoLosCerritos.org](mailto:Rancho@RanchoLosCerritos.org) to RSVP.

**HOUSE DOCENT TRAINING:** Starts Saturday, October 5, 9:30 a.m.-12:30 p.m. Explore the history of the land and the people of the Rancho, and learn to guide visitors through the historic adobe home. Training meets for seven consecutive Saturday mornings. Call (562) 206-2040 or email [Rancho@RanchoLosCerritos.org](mailto:Rancho@RanchoLosCerritos.org) to RSVP.

#### SCHOOL TOURS



Adobe Days Revisited field trips allow fourth-graders to visit Jotham Bixby's bustling sheep ranch, circa 1878. Costumed interpreters invite students to see the house, learn about herbs in the garden, do customary chores in the workshop, and touch historical objects in the library. Our Adobe Days Revisited program is offered on Monday, Wednesday, and Thursday mornings, October through June. The fee is \$100 per class, and the site can accommodate up to 72 children per day. Sign-up on our website. Priority will be given to teachers who sign up before September 15th.

Rancho Adventure tours for homeschoolers, scouts, or other youth groups (6-30 elementary-aged children) encourage children to learn about daily life on a 19th century California ranch by exploring the 1844 adobe house, doing historic chores, and playing old-fashioned games. These fast-paced, highly interactive tours last approximately 90 minutes and can be scheduled during public hours. The fee is \$5 per person. Please call (562) 206-2040 to schedule.

#### UPCOMING EVENTS

Ticket sales start Friday, November 1 at 10 a.m.

**COCOA WITH SANTA** Thursday, December 5, Friday December 6 at 4 p.m., and Saturday, December 7 at 11 a.m. Enjoy delicious cocoa and treats, make holiday crafts, enjoy stories, and meet Santa and Mrs. Claus. Tickets available online.

**OLD TIME CHRISTMAS FESTIVAL** Sunday, December 8, 1-4 p.m. Discover the history and traditions of Victorian Christmas celebrations, meet Santa, make old-fashioned crafts, sip warm cider, and see the Rancho beautifully decorated for the holidays. \$5/person. Tickets online or at the door.

**CHRISTMAS CANDLELIGHT TOUR** Saturday, December 14 5:30-8:30 p.m.

Experience a century of holiday traditions, as you stroll the Rancho by candlelight and encounter costumed characters from the Rancho's colorful past preparing for the holidays. Guided tours start every 15 minutes and last approximately 45 minutes, concluding with festive holiday music and treats in the backyard. \$20 general admission \$15 for members. Tickets online or at the door.

#### SITE RENTALS

Host a unique wedding, celebration, corporate retreat, or special event at the Rancho Los Cerritos historic site.

Contact Mallory Rydell, Special Events Coordinator at: 562-206-2055 or [MalloryR@RanchoLosCerritos.org](mailto:MalloryR@RanchoLosCerritos.org).

### LONE SAILOR EVENT SATURDAY, OCTOBER 12, 2019 10:30 a.m.-NOON



**CELEBRATING THE 15TH ANNIVERSARY  
OF THE LONE SAILOR MEMORIAL  
A SHORT PROGRAM AT 10:45 A.M.  
BLUFF PARK, LONG BEACH  
OCEAN BLVD. AND PALOMA AVE.**

Join Partners of Parks and the Long Beach Veterans Commission to recognize those who served in the Navy, Marines, Coast Guard and Merchant Marines. More than 550 bricks have been dedicated and installed at the Lone Sailor Plaza since it was commissioned in 2004. Find out how you can honor a loved one who served by visiting [partnersofparks.org/memorials](http://partnersofparks.org/memorials) or call Partners of Parks at 562-570-3209.

HOSTED BY



Weather permitting, a model of the USS Long Beach will be on display at the event.



# BELMONT PLAZA POOL

4320 East Olympic Plaza • (562) 570-1806

## GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80-82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. **POOL CLOSED MONDAY, SEPTEMBER 2 (LABOR DAY); THURSDAY, NOVEMBER 28 (THANKSGIVING).**

### OPEN SWIM FEES

Youth, ages 17 yrs & under: \$1  
Seniors, ages 50 yrs & over: \$3  
Adults, ages 18-49 yrs: \$4

**SWIM PASSES:** Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$58, Adults-\$87. Membership Pass valid for 25 visits. Fees may be subject to change.

### LAP SWIM

M-F 5:30-9:30 a.m.  
M/W/F 10 a.m.-2 p.m.  
Tu/Th 11 a.m.-2 p.m.  
Tu/Th 7-9 p.m.  
Sa & Su 8 a.m.-noon

### ALL AGES RECREATION SWIM

M/W 7-9 p.m.  
Sa & Su noon-2 p.m.  
Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 570-1806 for more information or check the website at: [http://www.longbeach.gov/park/recreation/aquatics/pools/belmont\\_plaza\\_pool.asp](http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp).

### WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults. \$42 for a fitness pass valid for 10 classes.

Shallow Water Exercise: M/W/F/Su 11-11:50 a.m.  
Tu/Th 7:10-8 p.m.  
Deep Water Exercise: M/W/F/Su 10-10:50 a.m.

## SWIM LESSONS

Class options: Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings through October 31. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line at [lbarks.org](http://lbarks.org) or Belmont Plaza Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit [www.lbarks.org](http://www.lbarks.org) to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

### REGISTRATION DATES

Lessons Starting Date:	Registration Begins:
10/7-10/30 Monday/Wednesday	9/23/19 at 8 a.m.
10/26-12/14 Saturday	9/28/19 at 8 a.m.

### AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

34174	13 Yrs+	8/31-10/19	8-8:50 a.m.	Sa	\$52
34175	13 Yrs+	10/26-12/14	8-8:50 a.m.	Sa	\$52

### AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

34188	6-12 Yrs	8/31-10/19	10-10:25 a.m.	Sa	\$44
34189	6-12 Yrs	8/31-10/19	11-11:25 a.m.	Sa	\$44
34190	6-12 Yrs	9/9-10/2	4:30-4:55 p.m.	MW	\$44
34191	6-12 Yrs	9/9-10/2	6:30-6:55 p.m.	MW	\$44
34192	6-12 Yrs	10/7-10/30	4:30-4:55 p.m.	MW	\$44
34193	6-12 Yrs	10/7-10/30	6:30-6:55 p.m.	MW	\$44
34194	6-12 Yrs	10/26-12/14	10-10:25 a.m.	Sa	\$44
34195	6-12 Yrs	10/26-12/14	11-11:25 a.m.	Sa	\$44

### AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

34196	6-12 Yrs	8/31-10/19	10-10:25 a.m.	Sa	\$44
34197	6-12 Yrs	8/31-10/19	11:30-11:55 a.m.	Sa	\$44
34198	6-12 Yrs	9/9-10/2	4-4:25 p.m.	MW	\$44
34199	6-12 Yrs	9/9-10/2	5:30-5:55 p.m.	MW	\$44
34200	6-12 Yrs	10/7-10/30	4-4:25 p.m.	MW	\$44
34201	6-12 Yrs	10/7-10/30	5:30-5:55 p.m.	MW	\$44
34202	6-12 Yrs	10/26-12/14	10-10:25 a.m.	Sa	\$44
34203	6-12 Yrs	10/26-12/14	11:30-11:55 a.m.	Sa	\$44





### AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

34204	6-12 Yrs	8/31-10/19	10:30-10:55 a.m.	Sa	\$44
34205	6-12 Yrs	9/9-10/2	4-4:25 p.m.	MW	\$44
34206	6-12 Yrs	9/9-10/2	6-6:25 p.m.	MW	\$44
34207	6-12 Yrs	10/7-10/30	4-4:25 p.m.	MW	\$44
34208	6-12 Yrs	10/7-10/30	6-6:25 p.m.	MW	\$44
34209	6-12 Yrs	10/26-12/14	10:30-10:55 a.m.	Sa	\$44



### AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

34210	6-12 Yrs	8/31-10/19	8:30-8:55 a.m.	Sa	\$44
34211	6-12 Yrs	9/9-10/2	4:30-4:55 p.m.	MW	\$44
34212	6-12 Yrs	9/9-10/2	6:30-6:55 p.m.	MW	\$44
34213	6-12 Yrs	10/7-10/30	4:30-4:55 p.m.	MW	\$44
34214	6-12 Yrs	10/7-10/30	6:30-6:55 p.m.	MW	\$44
34215	6-12 Yrs	10/26-12/14	8:30-8:55 a.m.	Sa	\$44

### AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

34216	6-12 Yrs	8/31-10/19	8-8:25 a.m.	Sa	\$44
34217	6-12 Yrs	9/9-10/2	5-5:25 p.m.	MW	\$44
34218	6-12 Yrs	10/7-10/30	5-5:25 p.m.	MW	\$44
34219	6-12 Yrs	10/26-12/14	8-8:25 a.m.	Sa	\$44

### AQUATICS - PARENT & CHILD

An introductory course for children nine months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

34220	9 Mos-2 Yrs	8/31-10/19	9-9:25 a.m.	Sa	\$44
34221	9 Mos-2 Yrs	8/31-10/19	11:30-11:55 a.m.	Sa	\$44
34222	9 Mos-2 Yrs	9/9-10/2	3-3:25 p.m.	MW	\$44
34223	9 Mos-2 Yrs	9/9-10/2	6-6:25 p.m.	MW	\$44
34224	9 Mos-2 Yrs	10/7-10/30	3-3:25 p.m.	MW	\$44
34225	9 Mos-2 Yrs	10/7-10/30	6-6:25 p.m.	MW	\$44
34226	9 Mos-2 Yrs	10/26-12/14	9-9:25 a.m.	Sa	\$44
34227	9 Mos-2 Yrs	10/26-12/14	11:30-11:55 a.m.	Sa	\$44

### AQUATICS - PRESCHOOL AQUATICS 1

Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

34228	3-5 Yrs	8/31-10/19	9-9:25 a.m.	Sa	\$44
34229	3-5 Yrs	8/31-10/19	10:30-10:55 a.m.	Sa	\$44
34230	3-5 Yrs	9/9-10/2	3-3:25 p.m.	MW	\$44
34231	3-5 Yrs	9/9-10/2	5-5:25 p.m.	MW	\$44
34232	3-5 Yrs	10/7-10/30	3-3:25 p.m.	MW	\$44
34233	3-5 Yrs	10/7-10/30	5-5:25 p.m.	MW	\$44
34234	3-5 Yrs	10/26-12/14	9-9:25 a.m.	Sa	\$44
34235	3-5 Yrs	10/26-12/14	10:30-10:55 a.m.	Sa	\$44

### AQUATICS - PRESCHOOL AQUATICS 2

Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

34236	3-5 Yrs	8/31-10/19	9:30-9:55 a.m.	Sa	\$44
34237	3-5 Yrs	8/31-10/19	11-11:25 a.m.	Sa	\$44
34238	3-5 Yrs	9/9-10/2	3:30-3:55 p.m.	MW	\$44
34239	3-5 Yrs	9/9-10/2	5:30-5:55 p.m.	MW	\$44
34240	3-5 Yrs	10/7-10/30	3:30-3:55 p.m.	MW	\$44
34241	3-5 Yrs	10/7-10/30	5:30-5:55 p.m.	MW	\$44
34242	3-5 Yrs	10/26-12/14	9:30-9:55 a.m.	Sa	\$44
34243	3-5 Yrs	10/26-12/14	11-11:25 a.m.	Sa	\$44

### AQUATICS - PRESCHOOL AQUATICS 3

Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

34244	3-5 Yrs	8/31-10/19	9:30-9:55 a.m.	Sa	\$44
34245	3-5 Yrs	9/9-10/2	3:30-3:55 p.m.	MW	\$44
34246	3-5 Yrs	10/7-10/30	3:30-3:55 p.m.	MW	\$44
34247	3-5 Yrs	10/26-12/14	9:30-9:55 a.m.	Sa	\$44

**PRIVATE & SEMI-PRIVATE SWIM LESSONS:** Enroll to the waitlist on-line at no cost. Pool staff will fill all available slots from the waitlist. Private lessons are offered as one-on-one with instructor. Price for private lessons is \$160 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is \$103 for eight (8) 25-minute lessons. Lessons are offered on Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings: September-December. Session dates run concurrent with group lessons. For information and availability please contact the pool at (562) 570-1807.

### AQUATICS - BELMONT PRIVATE SWIM LESSONS

34176	9 Mos & Up	8/31-10/19	8 a.m.-noon	Sa	\$160
34177	9 Mos & Up	9/9-10/2	3-7 p.m.	MW	\$160
34178	9 Mos & Up	9/10-10/3	3-7 p.m.	TTh	\$160
34179	9 Mos & Up	10/7-10/30	3-7 p.m.	MW	\$160
34180	9 Mos & Up	10/8-10/31	3-7 p.m.	TTh	\$160
34181	9 Mos & Up	10/26-12/14	8 a.m.-noon	Sa	\$160

### AQUATICS - BELMONT SEMI PRIVATE SWIM LESSONS

34182	9 Mos & Up	8/31-10/19	8 a.m.-noon	Sa	\$103
34183	9 Mos & Up	9/9-10/2	3-7 p.m.	MW	\$103
34184	9 Mos & Up	9/10-10/3	3-7 p.m.	TTh	\$103
34185	9 Mos & Up	10/7-10/30	3-7 p.m.	MW	\$103
34186	9 Mos & Up	10/8-10/31	3-7 p.m.	TTh	\$103
34187	9 Mos & Up	10/26-12/14	8 a.m.-noon	Sa	\$103

# KING PARK POOL

1910 Lemon Avenue • (562) 570-1718

## GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED MONDAY, SEPTEMBER 2 (Labor Day); THURSDAY, NOVEMBER 28 (Thanksgiving).

### OPEN SWIM FEES

Youth, ages 17 yrs & under: \$1  
Senior Citizens, ages 50 yrs & up: \$2  
Adults, ages 18-49 yrs: \$3

**SWIM PASSES:** Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership pass is valid for 25 visits. Fees may be subject to change.

### LAP SWIM

Tu/Th/F 6-8 a.m.  
Tu/Th/F noon-2 p.m.  
Tu/Th 9-11 a.m.  
Sa/Su noon-1 p.m.

### ALL AGES RECREATION SWIM

Sa/Su 1 p.m.-3:30 p.m.  
Tu/Th/F 2:30 p.m.-4 p.m.  
Tu/Th 6:30 p.m.-8 p.m.

### WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water Tu/Th/F 6:30 -7:20 a.m.  
Shallow Water Tu/Th/F 8-8:50 a.m.  
M/W 6-6:50 p.m.

## SWIMMING LESSONS

Class options: Tuesday/Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online or at King Park Pool during regular scheduled hours. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit [www.lbparcs.org](http://www.lbparcs.org) to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

### REGISTRATION DATES

Lessons Starting Date:	Registration Begins:
8/20-10/12 Tuesday/ Thursday	8/5/19 at 8 a.m.
8/24-10/12 Saturday	8/5/19 at 8 a.m.
9/17-10/10 Tuesday/ Thursday	9/3/19 at 8 a.m.
10/15-11/7 Tuesday/ Thursday	10/1/19 at 8 a.m.
10/19-12/7 Saturday	9/21/19 at 8 a.m.
11/12-12/5 Tuesday/ Thursday	10/29/19 at 8 a.m.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class no later than one week prior to the beginning of the session.

### AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back and rolling over.

34379	9 Mths-3 Yrs	8/24-10/12	11-11:25 a.m.	Sa	\$32
34380	9 Mths-3 Yrs	10/19-12/7	11-11:25 a.m.	Sa	\$32

### AQUATICS - PRESCHOOL AQUATICS 1

Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

34382	3-5 Yrs	8/20-9/12	4-4:25 p.m.	Tu/Th	\$32
34381	3-5 Yrs	8/24-10/12	10:30-10:55 a.m.	Sa	\$32
34383	3-5 Yrs	9/17-10/10	4-4:25 p.m.	Tu/Th	\$32
34385	3-5 Yrs	10/15-11/7	4-4:25 p.m.	Tu/Th	\$32
34384	3-5 Yrs	10/19-12/7	10:30-10:55 a.m.	Sa	\$32
34386	3-5 Yrs	11/12-12/5	4-4:25 p.m.	Tu/Th	\$28

### AQUATICS - PRESCHOOL AQUATICS 2

Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

34388	3-5 Yrs	8/20-9/12	4:30-4:55 p.m.	Tu/Th	\$32
34387	3-5 Yrs	8/24-10/12	11-11:25 a.m.	Sa	\$32
34389	3-5 Yrs	9/17-10/10	4:30-4:55 p.m.	Tu/Th	\$32
34391	3-5 Yrs	10/15-11/7	4:30-4:55 p.m.	Tu/Th	\$32
34390	3-5 Yrs	10/19-12/7	11-11:25 a.m.	Sa	\$32
34392	3-5 Yrs	11/12-12/5	4:30-4:55 p.m.	Tu/Th	\$28

### AQUATICS - PRESCHOOL AQUATICS 3

Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills.

34394	3-5 Yrs	8/20-9/12	5-5:25 p.m.	Tu/Th	\$32
34393	3-5 Yrs	8/24-10/12	11-11:25 a.m.	Sa	\$32
34395	3-5 Yrs	9/17-10/10	5-5:25 p.m.	Tu/Th	\$32
34397	3-5 Yrs	10/15-11/7	5-5:25 p.m.	Tu/Th	\$32
34396	3-5 Yrs	10/19-12/7	11-11:25 a.m.	Sa	\$32
34398	3-5 Yrs	11/12-12/5	5-5:25 p.m.	Tu/Th	\$28

### AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

34347	6-12 Yrs	8/20-9/12	4-4:25 p.m.	Tu/Th	\$32
34345	6-12 Yrs	8/24-10/12	9:30-9:55 a.m.	Sa	\$32
34346	6-12 Yrs	8/24-10/12	10-10:25 a.m.	Sa	\$32
34348	6-12 Yrs	9/17-10/10	4-4:25 p.m.	Tu/Th	\$32
34349	6-12 Yrs	10/19-12/7	9:30-9:55 a.m.	Sa	\$32
34350	6-12 Yrs	10/19-12/7	10-10:25 a.m.	Sa	\$32
34351	6-12 Yrs	10/15-11/7	4-4:25 p.m.	Tu/Th	\$32
34352	6-12 Yrs	11/12-12/5	4-4:25 p.m.	Tu/Th	\$28

### AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

34354	6-12 Yrs	8/20-9/12	4:30-4:55 p.m.	Tu/Th	\$32
34353	6-12 Yrs	8/24-10/12	11:30-11:55 a.m.	Sa	\$32
34355	6-12 Yrs	9/17-10/10	4:30-4:55 p.m.	Tu/Th	\$32
34357	6-12 Yrs	10/15-11/7	4:30-4:55 p.m.	Tu/Th	\$32
34356	6-12 Yrs	10/19-12/7	11:30-11:55 a.m.	Sa	\$32
34358	6-12 Yrs	11/12-12/5	4:30-4:55 p.m.	Tu/Th	\$28

46 VISIT [HTTP://BIT.LY/PRMSURVEY](http://bit.ly/prmsurvey) FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY

### AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

34360	6-12 Yrs	8/20-9/12	4:30-4:55 p.m.	Tu/Th	\$32
34359	6-12 Yrs	8/24-10/12	11:30-11:55 a.m.	Sa	\$32
34361	6-12 Yrs	9/17-10/10	4:30-4:55 p.m.	Tu/Th	\$32
34363	6-12 Yrs	10/15-11/7	4:30-4:55 p.m.	Tu/Th	\$32
34362	6-12 Yrs	10/19-12/7	11:30-11:55 a.m.	Sa	\$32
34364	6-12 Yrs	11/12-12/5	4:30-4:55 p.m.	Tu/Th	\$28



### AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

34366	6-12 Yrs	8/20-9/12	4-4:25 p.m.	Tu/Th	\$32
34365	6-12 Yrs	8/24-10/12	10:30-10:55 a.m.	Sa	\$32
34367	6-12 Yrs	9/17-10/10	4-4:25 p.m.	Tu/Th	\$32
34369	6-12 Yrs	10/15-11/7	4-4:25 p.m.	Tu/Th	\$32
34368	6-12 Yrs	10/19-12/7	10:30-10:55 a.m.	Sa	\$32
34370	6-12 Yrs	11/12-12/5	4-4:25 p.m.	Tu/Th	\$28

### AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

34371	6-12 Yrs	8/24-10/12	9-9:25 a.m.	Sa	\$32
34372	6-12 Yrs	10/19-12/7	9-9:25 a.m.	Sa	\$32

### AQUATICS - LEVEL 5/6

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

34373	6-12 Yrs	8/20-9/12	5-5:25 p.m.	Tu/Th	\$32
34374	6-12 Yrs	9/17-10/10	5-5:25 p.m.	Tu/Th	\$32
34375	6-12 Yrs	10/15-11/7	5-5:25 p.m.	Tu/Th	\$32
34376	6-12 Yrs	11/12-12/5	5-5:25 p.m.	Tu/Th	\$28

### AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke and butterfly.

34377	6-12 Yrs	8/24-10/12	9-9:25 a.m.	Sa	\$32
34378	6-12 Yrs	10/19-12/7	9-9:25 a.m.	Sa	\$32

### AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

34338	13 Yrs+	8/20-9/12	5:30-6:20 p.m.	Tu/Th	\$40
34337	13 Yrs+	8/24-10/12	10-10:50 a.m.	Sa	\$40
34339	13 Yrs+	9/17-10/10	5:30-6:20 p.m.	Tu/Th	\$40
34341	13 Yrs+	10/15-11/7	5:30-6:20 p.m.	Tu/Th	\$40
34340	13 Yrs+	10/19-12/7	10-10:50 a.m.	Sa	\$40
34342	13 Yrs+	11/12-12/5	5:30-6:20 p.m.	Tu/Th	\$35

### JUNIOR LIFEGUARD PROGRAM

Get started for a future job as a lifeguard. Learn swimming and life guarding skills. Must have Level 5 swim skills and be between the ages of 13-16. Please call the pool for more information. Saturdays, 9 a.m. starting August 24th and October 19th.

### POOL RENTALS

Please call the supervisor at 562-570-1718 for information, fees and scheduling availability.



## Long Beach Water LAWN-TO-GARDEN GROW LOCAL LOVE

The Lawn-to-Garden (L2G) program supports and incentivizes landscape conversions from thirsty and non-functional grass to beautiful, water-wise gardens.



### Apply Now

The L2G incentive is at an all-time high!

#### Front yard conversions

**\$3** per square foot

#### Backyard and side yard conversions

**\$2** per square foot



### Why Participate?

- Reduce water and maintenance
- Create habitat development
- Improve curb appeal and quality of life

To learn more visit  
[lawnontogarden.com](http://lawnontogarden.com)



# SILVERADO PARK POOL

1540 West 32nd Street • (562) 570-1721

## GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 82-84 degrees. Children under 42 inches tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED - MONDAY, SEPTEMBER 2 (LABOR DAY); THURSDAY, NOVEMBER 21 (THANKSGIVING).**



### OPEN SWIM FEES

Youth, ages 17 Yrs & Under: \$1  
Seniors, ages 50 Yrs & Over: \$2  
Adults, ages 18-49 Yrs: \$3

**SWIM PASSES:** Swim passes are available online or at the pool. Each swim pass purchase valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership Pass valid for 25 visits. Fees may be subject to change.

### LAP SWIM

M/W/F 6:30-11 a.m.  
M/W/F noon-2 p.m.  
M/W 6-7:00 p.m., 2 LANES ONLY  
Sa noon-1 p.m.  
Su 8-11 a.m.

### ALL AGES RECREATION SWIM

M/W 2-3:30 p.m.  
Sat 1-3:30 p.m.

### WATER EXERCISE CLASSES

Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back.

Shallow Water Exercise: M/W/F/Su 11-11:50 a.m.  
Deep Water Exercise: M/W/F 10:30-11:00 a.m.

### WEIGHT ROOM

We offer Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

## SWIMMING LESSONS:

Class options: Monday and Wednesday or Saturday. Classes are 25 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit [www.lbparks.org](http://www.lbparks.org) to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.



### AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

34267	13 Yrs +	8/31-10/19	8-8:55 a.m.	Sa	\$40
34268	13 Yrs +	9/4-9/25	6-6:50 p.m.	MW	\$35
34269	13 Yrs +	9/30-10/23	6-6:50 p.m.	MW	\$40
34270	13 Yrs +	10/26-12/14	8-8:55 a.m.	Sa	\$40
34271	13 Yrs +	10/28-11/20	6-6:50 p.m.	MW	\$40
34272	13 Yrs +	11/25-12/18	6-6:50 p.m.	MW	\$40

### AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

34273	6-12 Yrs	8/31-10/19	10-10:25 a.m.	Sa	\$32
34274	6-12 Yrs	8/31-10/19	11-11:25 a.m.	Sa	\$32
34275	6-12 Yrs	9/4-9/25	4:30-4:55 p.m.	MW	\$28
34276	6-12 Yrs	9/30-10/23	4:30-4:55 p.m.	MW	\$32
34277	6-12 Yrs	10/26-12/14	10-10:25 a.m.	Sa	\$32
34278	6-12 Yrs	10/26-12/14	11-11:25 a.m.	Sa	\$32
34279	6-12 Yrs	10/28-11/20	4:30-4:55 p.m.	MW	\$32
34280	6-12 Yrs	11/25-12/18	4:30-4:55 p.m.	MW	\$32

## AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

34281	6-12 Yrs	8/31-10/19	10-10:25 a.m.	Sa	\$32
34282	6-12 Yrs	9/4-9/25	4:30-4:55 p.m.	MW	\$28
34283	6-12 Yrs	9/30-10/23	4:30-4:55 p.m.	MW	\$32
34284	6-12 Yrs	10/26-12/14	10-10:25 a.m.	Sa	\$32
34285	6-12 Yrs	10/28-11/20	4:30-4:55 p.m.	MW	\$32
34286	6-12 Yrs	11/25-12/18	4:30-4:55 p.m.	MW	\$32



## AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

34287	6-12 Yrs	8/31-10/19	10:30-10:55 a.m.	Sa	\$32
34288	6-12 Yrs	9/4-9/25	5-5:25 p.m.	MW	\$28
34289	6-12 Yrs	9/30-10/23	5-5:25 p.m.	MW	\$32
34290	6-12 Yrs	10/26-12/14	10:30-10:55 a.m.	Sa	\$32
34291	6-12 Yrs	10/28-11/20	5-5:25 p.m.	MW	\$32
34292	6-12 Yrs	11/25-12/18	5-5:25 p.m.	MW	\$32

## AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

34293	6-12 Yrs	8/31-10/19	10:30-10:55 a.m.	Sa	\$32
34294	6-12 Yrs	9/4-9/25	5-5:25 p.m.	MW	\$28
34295	6-12 Yrs	9/30-10/23	5-5:25 p.m.	MW	\$32
34296	6-12 Yrs	10/26-12/14	10:30-10:55 a.m.	Sa	\$32
34297	6-12 Yrs	10/28-11/20	5-5:25 p.m.	MW	\$32
34298	6-12 Yrs	11/25-12/18	5-5:25 p.m.	MW	\$32

## AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke2

34299	6-12 Yrs	8/31-10/19	11-11:25 a.m.	Sa	\$32
34300	6-12 Yrs	9/4-9/25	5:30-5:55 p.m.	MW	\$28
34301	6-12 Yrs	9/30-10/23	5:30-5:55 p.m.	MW	\$32
34302	6-12 Yrs	10/26-12/14	11-11:25 a.m.	Sa	\$32
34303	6-12 Yrs	10/28-11/20	5:30-5:55 p.m.	MW	\$32
34304	6-12 Yrs	11/25-12/18	5:30-5:55 p.m.	MW	\$32

## AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

34305	6-12 Yrs	8/31-10/19	11-11:25 a.m.	Sa	\$32
34306	6-12 Yrs	9/4-9/25	5:30-5:55 p.m.	MW	\$28
34307	6-12 Yrs	9/30-10/23	5:30-5:55 p.m.	MW	\$32
34308	6-12 Yrs	10/26-12/14	11-11:25 a.m.	Sa	\$32
34309	6-12 Yrs	10/28-11/20	5:30-5:55 p.m.	MW	\$32
34310	6-12 Yrs	11/25-12/18	5:30-5:55 p.m.	MW	\$32

## AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

34311	9 Mths-3 Yrs	8/31-10/19	9-9:25 a.m.	Sa	\$32
34312	9 Mths-3 Yrs	9/4-9/25	6-6:25 p.m.	MW	\$28
34313	9 Mths-3 Yrs	9/30-10/23	6-6:25 p.m.	MW	\$32
34314	9 Mths-3 Yrs	10/26-12/14	9-9:25 a.m.	Sa	\$32
34315	9 Mths-3 Yrs	10/28-11/20	6-6:25 p.m.	MW	\$32
34316	9 Mths-3 Yrs	11/25-12/18	6-6:25 p.m.	MW	\$32

## AQUATICS - PRESCHOOL AQUATICS 1

Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

34317	3-5 Yrs	8/31-10/19	9:30-9:55 a.m.	Sa	\$32
34318	3-5 Yrs	8/31-10/19	10-10:25 a.m.	Sa	\$32
34319	3-5 Yrs	9/4-9/25	4-4:25 p.m.	MW	\$28
34320	3-5 Yrs	9/30-10/23	4-4:25 p.m.	MW	\$32
34321	3-5 Yrs	10/26-12/14	9:30-9:55 a.m.	Sa	\$32
34322	3-5 Yrs	10/26-12/14	10-10:25 a.m.	Sa	\$32
34323	3-5 Yrs	10/28-11/20	4-4:25 p.m.	MW	\$32
34324	3-5 Yrs	11/25-12/18	4-4:25 p.m.	MW	\$32

## AQUATICS - PRESCHOOL AQUATICS 2

Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

34325	3-5 Yrs	8/31-10/19	9:30-9:55 a.m.	Sa	\$32
34326	3-5 Yrs	9/4-9/25	4-4:25 p.m.	MW	\$28
34327	3-5 Yrs	9/30-10/23	4-4:25 p.m.	MW	\$32
34328	3-5 Yrs	10/26-12/14	9:30-9:55 a.m.	Sa	\$32
34329	3-5 Yrs	10/28-11/20	4-4:25 p.m.	MW	\$32
34330	3-5 Yrs	11/25-12/18	4-4:25 p.m.	MW	\$32

## AQUATICS - PRESCHOOL AQUATICS 3

Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

34331	3-5 Yrs	8/31-10/19	10:30-10:55 a.m.	Sa	\$32
34332	3-5 Yrs	9/4-9/25	5-5:25 p.m.	MW	\$28
34333	3-5 Yrs	9/30-10/23	5-5:25 p.m.	MW	\$32
34334	3-5 Yrs	10/26-12/14	10:30-10:55 a.m.	Sa	\$32
34335	3-5 Yrs	10/28-11/20	5-5:25 p.m.	MW	\$32
34336	3 5 Yrs	11/25-12/18	5-5:25 p.m.	MW	\$32

## PRIVATE SWIM LESSONS

Instructor Robert Bruce Hirschhorn has decades of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for five 20-minute private lessons is \$175. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.



# LEEWAY SAILING CENTER

5437 East Ocean Boulevard • (562) 570-1719

## GENERAL INFORMATION

Leeway Sailing Center offers lessons in sailing. All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility. LEEWAY CLOSED SATURDAY, AUGUST 31, MONDAY, SEPTEMBER 2 (LABOR DAY).

### BEGINNING CAPRI SAILING (14' BOATS)

13yrs & up

A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

34248	9/7-9/28	9 a.m.-noon	Sa	\$120
34249	10/5-10/26	9 a.m.-noon	Sa	\$120
34250	11/2-11/23	9 a.m.-noon	Sa	\$120
34251	9/8-9/29	9 a.m.-noon	Su	\$120
34252	10/6-10/27	9 a.m.-noon	Su	\$120
34253	11/3-11/24	9 a.m.-noon	Su	\$120

### INTERMEDIATE SABOT SAILING (8' BOATS)

8yrs & up

An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

34261	9/7-9/28	12:30-3:30 p.m.	Sa	\$120
34262	10/5-10/26	12:30-3:30 p.m.	Sa	\$120
34263	11/2-11/23	12:30-3:30 p.m.	Sa	\$120

### KEELBOAT CLASS

13yrs & up

A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

34264	9/8-9/29	10 a.m.-2:00 p.m.	Su	\$133
34265	10/6-10/27	10 a.m.-2:00 p.m.	Su	\$133
34266	11/3-11/24	10 a.m.-2:00 p.m.	Su	\$133

### PRIVATE LESSONS

Private (\$120 for two hours/per person) and semi-private lessons (\$91 for two hours/per person) in sailing, kayaking, and canoeing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.



### BEGINNING SABOT SAILING (8' BOATS)

8yrs & up

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

34254	9/7-9/28	9 a.m.-noon	Sa	\$120
34255	10/5-10/26	9 a.m.-noon	Sa	\$120
34256	11/2-11/23	9 a.m.-noon	Sa	\$120

### FALL SABOT RACING CLINIC (8' BOATS)

8yrs & up \$195

This six-week course is designed for Sabot students that would like to learn racing strategy, tactics, and advanced boat handling skills. Participants should bring their own lunch, water and snacks. Must have instructor approval to register. Class will take place every other Sunday from 12-3 p.m. The classes will be held: Sept 15, Sept 29, Oct 13, Oct 27, Nov 10, Nov 24.

### INTERMEDIATE CAPRI SAILING (14' BOATS)

13yrs & up

For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

34258	9/8-9/29	12:30-3:30 p.m.	Su	\$120
34259	10/6-10/27	12:30-3:30 p.m.	Su	\$120
34260	11/3-11/24	12:30-3:30 p.m.	Su	\$120



### SAIL CLUB

A rental program offered on Saturdays from noon-5 p.m. year-round. All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is \$95 per person.

Rental rates are as follows:

Capri & Sabots: \$17/hour

Kayaks & Canoe: \$13/hour



# Making your **stops.** Keeping you **moving.**



**CONNECTED**  
SENIORS CLUB



There's no limit to what you can do when you explore Long Beach by bus. Long Beach residents 62+ can join the Connected Seniors Club and ride with confidence to your favorite local activities and destinations.

To join or learn more about the Club, call **562.591.2301** or email us at **[seniors@lbtransit.com](mailto:seniors@lbtransit.com)**.



# TENNIS

Billie Jean King, El Dorado and Los Cerritos Tennis Centers,  
Marina Vista, Naples and Somerset Tennis Courts

Register online at [lbparks.org](http://lbparks.org) or use the Registration Form on page 55. Make checks payable to FIRST SERVE and mail to: 1040 Park Avenue, Long Beach, CA 90804. Drop your form off at Billie Jean King or El Dorado Park Tennis Centers. Students should wear tennis court-appropriate tennis shoes, NO BLACK-SOLED SHOES ALLOWED!! Each participant is required to bring two cans of new tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or canceled.

Tennis court locations: Billie Jean King Tennis Center, 10th and Park Ave., El Dorado Tennis Center, 2800 Studebaker Rd., Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St. Somerset Tennis Courts, 1500 E. Carson St.

33471	Beg	7-15 Yrs	9/19-11/21	4:30-5:30 p.m.	Th	\$120
33472	AdvBeg	7-15 Yrs	9/19-11/21	5:30-6:30 p.m.	Th	\$120
33474	Beg/AdvBeg	7-15 Yrs	9/20-11/22	4-5 p.m.	F	\$120
33475	AdvBeg	7-15 Yrs	9/20-11/22	5-6 p.m.	F	\$120
33477	Beg	7-10 Yrs	9/14-11/16	9-10 a.m.	Sa	\$120
33478	AdvBeg	11-15 Yrs	9/14-11/16	10-11a.m.	Sa	\$120
Los Cerritos						Pastorini/Sleigh
33465	Beg/AdvBeg	11-15 Yrs	9/16-11/18	5-6 p.m.	M	\$120
33479	Beg	7-10 Yrs	9/15-11/17	1-2 p.m.	Su	\$120
33480	AdvBeg	11-15 Yrs	9/15-11/17	2-3 p.m.	Su	\$120
Naples						Inouye
33470	Adv	7-15 Yrs	9/18-11/20	7-8 p.m.	W	\$120
33473	Int	7-15 Yrs	9/19-11/21	7-8 p.m.	Th	\$120
33476	Beg	7-15 Yrs	9/20-11/22	7-8 p.m.	F	\$120

## TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. 10 weeks.

El Dorado West				Pros	
33449	Beg	4-5 Yrs	9/16-11/18	3-3:30 p.m.	M \$100
33452	Beg	4-5 Yrs	9/20-11/22	3-3:30 p.m.	F \$100
33453	Beg	4-5 Yrs	9/14-11/16	8:30-9 a.m.	Sa \$100
Los Cerritos				Pastorini	
33450	Beg	4-5 Yrs	9/16-11/18	4:30-5 p.m.	M \$100
Naples				Inouye	
33451	Beg	4-5 Yrs	9/17-11/19	7-7:30 p.m.	Tu \$100
33454	Beg	4-5 Yrs	9/14-11/16	9:30-10 a.m.	Sa \$100
33455	Beg	4-5 Yrs	9/15-11/17	9:30-10 a.m.	Su \$100

## FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Min 4/Max 11. 10 Weeks.

El Dorado West				Pros	
33456	Beg	5-6 Yrs	9/16-11/18	3:30-4 p.m.	M \$100
33459	Beg	5-6 Yrs	9/18-11/20	3-3:30 p.m.	W \$100
33460	Beg	5-6 Yrs	9/18-11/20	3:30-4 p.m.	W \$100
33461	Beg	5-6 Yrs	9/20-11/22	3:30-4 p.m.	F \$100
Los Cerritos				Pastorini	
33457	Beg	5-6 Yrs	9/16-11/18	4:30-5 p.m.	M \$100
Naples				Inouye	
33458	Beg	5-6 Yrs	9/17-11/19	7:30-8 p.m.	Tu \$100
33462	Adv	5-6 Yrs	9/14-11/16	9-9:30 a.m.	Sa \$100
33463	Beg/AdvBeg	5-6 Yrs	9/15-11/17	9-9:30 a.m.	Su \$100

## YOUTH

Beginning (Beg) students require no experience. Advanced Beginning (AdvBeg) must possess knowledge of ground strokes, grips and ready position. Intermediate (Int) students must understand the rules of the game, have consistent ground strokes and serves. Group Lessons: Min 6/Max 11. 10 Weeks.

El Dorado West				Pros	
33464	Beg	7-15 Yrs	9/16-11/18	4-5 p.m.	M \$120
33466	Beg	7-15 Yrs	9/17-11/19	4:30-5:30 p.m.	Tu \$120
33467	AdvBeg	7-15 Yrs	9/17-11/19	5:30-6:30 p.m.	Tu \$120
33468	Beg	7-15 Yrs	9/18-11/20	4-5 p.m.	W \$120
33469	AdvBeg	7-15 Yrs	9/18-11/20	5-6 p.m.	W \$120

## ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) will continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players will work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level. 16 years & up. Min 6/Max 12. 10 weeks.

Billie Jean King				Pastorini	
33481	Int		9/17-11/19	7-8:30 p.m.	Tu \$155
El Dorado West				Unger	
33482	LowInt/Int	9/16-11/18	6-7:30 p.m.	M	\$155
33483	LowInt/Int	9/18-11/20	6-7 p.m.	W	\$98
33484	HighInt	9/18-11/20	7-8:30 p.m.	W	\$155
Scherer				Unger	
33485	Int/HilInt	9/14-11/16	10-11:30 a.m.	Sa	\$98
El Dorado West				Pros	
33486	Int	9/16-11/18	10-11 a.m.	M	\$120
33487	Beg	9/16-11/18	7-8 p.m.	M	\$120
33488	AdvBeg	9/16-11/18	8-9 p.m.	M	\$120
33489	AdvBeg	9/17-11/19	9-10 a.m.	Tu	\$120
33490	Int	9/17-11/19	10-11 a.m.	Tu	\$120
33491	AdvBeg	9/17-11/19	6:30-7:30 p.m.	Tu	\$120
33492	Int	9/17-11/19	7:30-8:30 p.m.	Tu	\$120
33493	Beg	9/18-11/20	9-10 a.m.	W	\$120
33494	Beg/AdvBeg	9/18-11/20	10-11 a.m.	W	\$120
33495	Int	9/18-11/20	11 a.m.-noon	W	\$120
33496	AdvBeg	9/18-11/20	7-8 p.m.	W	\$120
33497	Int	9/19-11/21	9-10 a.m.	Th	\$120
33498	AdvBeg	9/19-11/21	10-11 a.m.	Th	\$120
33499	AdvBeg	9/19-11/21	6:30-7:30 p.m.	Th	\$120
33500	Int	9/19-11/21	7:30-8:30 p.m.	Th	\$120
33501	Beg	9/20-11/22	9-10 a.m.	F	\$120
33502	AdvBeg	9/20-11/22	10-11 a.m.	F	\$120
33503	Beg	9/15-11/17	8-9 a.m.	Su	\$120
33504	AdvBeg	9/15-11/17	9-10 a.m.	Su	\$120
33505	Int	9/15-11/17	10-11 a.m.	Su	\$120
Marina Vista				Pastorini	
33506	AdvBeg	9/19-11/21	9-10 a.m.	Th	\$120
33507	Int	9/19-11/21	10-11 a.m.	Th	\$120
Naples				Inouye	
33509	Int	9/14-11/16	10-11 a.m.	Sa	\$120
33510	Adv	9/14-11/16	11 a.m.-noon	Sa	\$120
33511	Beg	9/14-11/16	noon-1 p.m.	Sa	\$120
33512	AdvBeg	9/14-11/16	1-2 p.m.	Sa	\$120

33513	Beg	9/15-11/17	10-11 a.m.	Su	\$120
33514	AdvBeg	9/15-11/17	11 a.m.-noon	Su	\$120
33515	Int	9/15-11/17	noon-1 p.m.	Su	\$120
33516	Adv	9/15-11/17	1-2 p.m.	Su	\$120
33517	AdvBeg	9/17-11/19	8-9 p.m.	Tu	\$120
33518	Adv	9/18-11/20	8-9 p.m.	W	\$120
33519	Int	9/19-11/21	8-9 p.m.	Th	\$120
33520	Beg	9/20-11/22	8-9 p.m.	F	\$120

### SENIOR CLASS

Special Rate for Senior Citizens! Experience all the health benefits that tennis has to offer. Players of ANY AGE can take up tennis as part of an overall exercise prescription. Get involved in a sport where you can play at any age or skill level. Tennis is a great way to HAVE FUN and improve motor skills, balance and coordination, build strength, develop endurance and meet new people. This is a NEW CLASS designed for our senior population ages 60+ years of age. Tennis is also a tremendously effective fitness activity for all seniors. All levels welcome. Min 6/Max 12. 10 Weeks.

El Dorado West					Stone
33521	Beg/AdvBeg	9/17-11/19	8-9 a.m.	Tu	\$100
33522	Beg/AdvBeg	9/19-11/21	8-9 a.m.	Th	\$100

### CARDIO TENNIS

Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is designed as a social and fun class for players of all ability levels. More fun than simply going to the gym! 16 years & up. Min 6/Max 12. 10 Weeks.

El Dorado West					Pros
33523	All Levels	9/17-11/19	11 a.m.-noon	Tu	\$120
33524	All Levels	9/18-11/20	6-7 p.m.	W	\$120

## Valter Paiva

TENNIS ACADEMY

### BILLIE JEAN KING TENNIS CENTER

1040 Park Ave. Long Beach, Ca 90804

Find us on Facebook and Instagram

For more information  
contact Valter Paiva at  
(562) 266-8882

info@valtertennis.com  
www.valtertennis.com



TRAIN HARDER  
PLAY SMARTER

### SOUTHERN CALIFORNIA TENNIS ACADEMY

#### BEGINNERS WELCOME

El Dorado Park Tennis Center  
2800 N. Studebaker Rd. LB 90815

For more information contact Mitch Bridge at  
(562) 704-2241

info@sctennisacademy.com  
www.sctennisacademy.com

## SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG

Make checks payable to: **FIRST SERVE** • Mail immediately as classes fill up fast!

**Send to: FIRST SERVE, 1040 PARK AVE., LONG BEACH, CA 90804** or fax your form to (562) 438-1249 or drop off at BJK or El Dorado Pro Shops. For more information, please call (562) 438-8509.

RESPONSIBLE PARTY \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/ZIP \_\_\_\_\_

WORK PHONE \_\_\_\_\_ HOME PHONE \_\_\_\_\_

STUDENT NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve's gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

CLASS# \_\_\_\_\_ FEE \_\_\_\_\_

CLASS NAME \_\_\_\_\_

CLASS# \_\_\_\_\_ FEE \_\_\_\_\_

CLASS NAME \_\_\_\_\_

#### METHOD OF PAYMENT (check one)

☐ Cash ☐ Check ☐ Money Order  
☐ Visa ☐ Mastercard

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_

CREDIT CARD # \_\_\_\_\_ EXP DATE \_\_\_\_\_ CCV CODE \_\_\_\_\_

**REMINDER** - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.





## We Energize a Healthy Long Beach



Long Beach Energy Resources is committed to doing it's part to make our city a healthy place to live, work, or spend a great day in the park.



We've gone green by installing over 150,000 automated reporting gas meters thus eliminating 160,000 vehicle trips a year. Our Southeast Resource Recovery Facility reduces the need for landfills and truck trips by turning trash into electricity while destroying tons of dangerous narcotics and paraphernalia, making our parks, beaches and public areas safer places to enjoy.



With our focus on green, it's no surprise that we recently received an award for data reliability for our (AB32-Cap and Trade) Green House Gas Emissions Reporting.

Energy Resources is much more than just the "gas and oil company". We're a team of dedicated professionals, proud to do our part in bringing safe and reliable energy to the city of Long Beach. To learn more, visit us at [longbeach.gov/energyresources/](http://longbeach.gov/energyresources/)





Long Beach Parks, Recreation & Marine  
2760 Studebaker Road  
Long Beach, CA 90815



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# Moving Home

The Port of Long Beach has fulfilled our promise to return to the waterfront. We're excited to be downtown and part of the new Long Beach Civic Center!



Port of  
**LONG BEACH**  
*The Green Port*

